

Sex abuse victim admits: I wanted to commit suicide

My abuser had a hold over me for years, says victim

Graham Daniels from Harlow has finally spoken out after years of torment at the hands of a paedophile
Picture by ALISON JENKINS

By William Mata

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A MAN left suicidal after suffering four years of sexual abuse as a teen has spoken out about his traumatic past.

Father-of-four
Graham
Daniels, 45,
of Fesants
Croft, Har-

low, moved to the town in 2007 to start a new life with wife Barbara. But he has been left broken by a lifetime of illness, physical abuse and hardship.

Now after finding out the man who sexually abused him died in 2011 without ever facing justice, Mr Daniels has waived his right to anonymity to tell readers what it can be like to undergo such an ordeal.

While living in Braintree at the age of 12, Mr Daniels would bunk off school because he was being bullied and went to a bus park café. He was sexually abused in a nearby public toilet.

He said: "Someone put a note through a hole in the wall saying they wanted to come into my cubicle. Being naïve, I allowed him to come in. He then asked me to masturbate him."

"I became frightened. I did it and he said if I told anyone he would hurt me. From that time until I was 16, every time I played truant he would beckon me to go to the toilets and abuse me."

"He was raping me every couple of months."

Mr Daniels has to breathe with the help of a machine because of his bronchiectasis - a disease which causes a permanent enlargement of parts of the airways of the lung - and chronic obstructive pulmonary disease.

As a child he says he was beaten by his father, who has now died.

His family's poverty meant he was forced to wear clothes bought from car boot sales which made him a target for bullies. When he was 13 he was transferred to a boarding school in Kent but his problems continued.

He said: "I could not go anywhere else in town. If my



Graham Daniels was abused near the bus park in Braintree

parents saw me they would beat me. The boarding school would physically abuse you, if you got to a lesson late you got punched."

In between school terms he would still be spotted by the man and forced to perform sex acts.

He continued: "At 15 I had run away from the school, got home and told my mum."

"She said 'you have to go back'. I told her I was being sexually abused within the town. She called me a liar and rang the police to come and take me back."

"I left school. My dad threw me out at 16. I lived rough for three months on the street and came down with double pneumonia."

Mr Daniels said he robbed a garage so he could spend time in a young offender's institute and get off the street. At 20 he was released and moved to London where he met his wife.

The pair now have four children: Jacob, Abigail, Maddie and Theo. They moved back to Braintree and not long after he reencountered the abuser.

Graham said: "I saw him coming out of the same public toilets, I went up to him and said 'you are a

paedophile and you know what you have done'."

"My wife persuaded me to go to the police. I was shaking and had gone white. They arrested the man, bailed him but said it would be his word against mine and they dropped the case."

Mr Daniels is angry at the police, especially as the laws changed soon after his initial complaint. He re-reported the crime years later when Jimmy Savile's case came up and the police acknowledged an offence but were unable to act as the man had since died.

While Mr Daniels feels some readers might question how he kept encountering his abuser and not reporting him for so long, he said a culture of fear left him unable to escape his torment.

"I felt he had this hold over me," he added. "Each time it happened it got more aggressive."

"The toilet still (now) has messages from men requesting sexual favours. This is still going on. It is just a side of life that people see but tend to ignore."

He added: "I was a chef. I suffer

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Labour leader pays town surprise visit

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 ■ Belvoir, 40 High Street, Old Harlow

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THE TOP 10 THINGS TO DO THIS WEEK



Local artisan food and crafts are available at Bishop's Stortford Farmers' and Craft Market

IT'S GOOD TO TALK

PETER GREEN TALK: METHODIST CHURCH, SOUTH STREET, BISHOP'S STORTFORD, THURSDAY, MAY 4, 7.30PM

Join Peter Green for a talk entitled Wicken Fen: Past, Present and Future. The event is held in support of the National Trust. Entry is £2

A KIND OF MAGIC

THE BELTANE MAGICAL PICNIC: THE MAYNARDS, LITTLE CANFIELD, FRIDAY, MAY 5, 6PM TO 10PM

A stunning evening of live music, food, stalls, children's entertainers and holistic treatments is on offer in a fundraiser for The Soul Garden Orphan Outreach Centre. The charity is the project of four Essex mums who are dedicated to providing a retreat for orphans and abused children in Bulgaria. Bring your own picnic and blanket. Cash bar is available. For tickets and more information call 07974 370065 or 07766 204427. Alternatively visit House of Windsor in Mill Lane, Woodford Green.

TASTY TREATS

BISHOP'S STORTFORD FARMERS' AND CRAFT MARKET: NORTH STREET, BISHOP'S STORTFORD, SATURDAY, MAY 6, 9.30AM TO 1.30PM

Local artisan food and crafts. Championing local producers from Bishop's Stortford and the surrounding area.

WE WANT MOORE SEVEN DECADES OF HENRY



Jeanne Mann will be exhibiting at the Gibberd Gallery

MOORE'S SCULPTURE FAMILY GROUP: GIBBERD GALLERY, CIVIC CENTRE, THE WATER GARDENS, HARLOW, TUESDAY, MAY 2 TO MONDAY, MAY 15, 9AM TO 4.45PM MONDAY TO FRIDAY

Artist and musician Jeanne Mann will be exhibiting a new series of water colour paintings as a celebration of Harlow turning 70. The works focus on Henry Moore's sculpture Family Group and how it has been moved around the district. Free entry.

BACK IN TIME

ROMAN SHIELD MAKING: HARLOW MUSEUM AND WALLED GARDENS, MUSKHAM ROAD, HARLOW, SATURDAY, MAY 6, 11.30AM TO 1PM
 Families are invited to one of Harlow's most scenic venues for a chance to

dress up like a Roman and also make shields and spears. Entry is £1.50 per child. No booking is needed. For more information call 01279 454959.

A TWIST OF FETE

NORTH WEALD FETE: NORTH WEALD VILLAGE HALL, HIGH ROAD, NORTH WEALD, SATURDAY, MAY 6, 1PM TO 4PM

Epping Supporter Group, which raises money for Hastingwood charity St Clare Hospice, is holding a spring fete with stalls, refreshments and a raffle on offer. Entry is £1.50 for adults and free for children.

FEELING CLEVER?

ST CLARE QUIZ: ST CLARE HOSPICE, HASTINGWOOD ROAD, HASTINGWOOD, SATURDAY, MAY 6,

7.30PM TO 10.30PM

Eight tables of a maximum of eight contestants are invited to take part in a quiz to raise funds for St Clare Hospice. With prizes for first and last place anyone is invited to put their knowledge to the test. Entry is £7 per person. For more information call 01279 773738.

HAVE A CUPPA

SUNDAY AFTERNOON TEAS: ST JAMES' CHURCH ROOM, ST JAMES THE GREAT, THORLEY, BISHOP'S STORTFORD, SUNDAY, MAY 7, 2.30PM TO 5PM

Enjoy tea and a scone at a lovely venue. The afternoon tea series will be held every week throughout the spring and summer.

HUB HUB HOORAY

NEW CREATIVE HUB: PHOENIX CREATIVE HUB, WEST GATE, HARLOW, WEDNESDAY, MAY 10, 12PM

Harlow and District Chamber of Commerce is inviting the public to hear Andy Richardson talk about one of the town's newest centres. Entry is free for members and £10 for non-members.

IT'S SHOWTIME

THE VERY HUNGRY CATERPILLAR SHOW: RHODES, SOUTH ROAD, BISHOP'S STORTFORD, WEDNESDAY, MAY 10AM-2PM

Eric Carle's classic is adapted for the stage with 75 puppets lighting up the family story. Tickets cost £15 or £13 for concessions. To book call 01279 710200.



Gary Knott, right, is presented with a £400 cheque from Harlow Progressive Friends

Donation welcome with demand on rise

MORE people are relying on emergency Foodbank supplies in Harlow, according to latest figures.

Statistics released this week show in the 2016-17 financial year 3,058 people used the Matching Tye-based service, an increase of 11.4 per cent from the year before.

Gary Knott, director of community services of Harlow Foodbank, feels more people are struggling to put meals on the table due to low income, benefit changes, debt and domestic violence.

He said: "It is deeply concerning we are still seeing an increase in the

number of local people in crisis coming to Harlow Foodbank over the last year.

"Anybody could find themselves in need of the Foodbank. Every week people are referred to us after being hit by something unavoidable.

Unaffordable

"Illness, a delay in a benefit payment or an unexpected bill can mean food is simply unaffordable.

"It really is only with the community's support that we're able to provide vital emergency help when it matters most, and we hope that one

day there will be no need for us in Harlow.

"But until that day comes, we will continue to offer the best possible service to help local people facing a crisis."

Around one third (1,094) of the food supplies were given to children. The top three reasons for referrals were benefit delay, low income and benefit changes.

Mr Knott is also concerned about the impact Universal Credit could have when the benefit reform is fully introduced in Harlow in July. As well as emergency food

supplies, Foodbank also provides essential products and signposts residents to other services in the area.

Cheque

This week Michael Roberts Charitable Trust, which manages Harlow Foodbank, was presented with a £400 cheque from Ghanaian fundraising group Harlow Progressive Friends.

The Foodbank relies on volunteers to sort the warehouse stock and van drivers to distribute goods around the area. Visit www.mrcet.org.uk

'Unco-operative' teenager suffers stabbing wounds

A TEENAGE boy suffered injuries to his arm and face in a stabbing incident in Priory Court, Harlow. PC Matt Hughes tweeted about the incident which happened shortly after 11pm on Monday.

His post read: "Eventful last few hours dealing with a stabbing incident in #Harlow. Thankfully not serious injury. Now writing up paperwork."

Although the victim was rushed to hospital with injuries, police have said he is not cooperating with the investigation.

Injuries

A spokesman from Essex Police said: "A teenage boy was taken to hospital and suffered minor injuries to his arm and face.

"The victim is not cooperating with the investigation."

THE suspected stabbing happened on the same day as two men were arrested on suspicion of GBH after an assault in Harlow town centre.

The incident resulted in a 30-year-old man being taken to hospital with minor injuries.

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Pharmacy worker sent drugs to addict in post

More than four years in prison for 'terrible misjudgement'



Cherie Madge

By William Mata
william.mata@hertsexnews.co.uk

A HARLOW pharmacy assistant has been jailed after mailing parcels full of prescription drugs to her addicted internet "soulmate".

Shaun Bowmer, of Penrith in Cumbria, died of drug toxicity in February last year. A post mortem revealed elevated amounts of painkiller tramadol and high levels of morphine.

Pleas

Cherie Madge, 42, of Albertine Street, was found guilty of taking medication from Netteswell Pharmacy, in Harlow, where she worked, and sending it to him, despite pleas from his ex-partner for her to stop.

The mother-of-one admitted twice supplying Mr Bowmer, whom she had never met in person, with tramadol from her own prescription.

But she denied illegally sending him

four other drugs, class A morphine-based zomorph and sevredol, along with class C diamorphine and lorazepam.

She went on trial at Carlisle Crown Court in early April, but was convicted of the crimes, unanimously, by a jury and has been jailed for four-and-a-half years.

Giving evidence during the trial, Mr Bowmer's fiancée Stephanie Cooper described how "parcels full of these drugs," arrived at their house.

She said: "I was angry. He told me the night before his death that he had been taking morphine and tramadol for the past week to cope because it had been his birthday and he had really struggled with that."

Madge claimed she was being made a scapegoat and that said she was "devastated" by Mr Bowmer's death.

Michael Edmonds, mitigating on behalf of Madge, claimed that Mr Bowmer could have obtained drugs

through other sources.

He told the court she had an "exemplary record of conduct" at the pharmacy before what he called a "terrible and unacceptable misjudgment".

"She has now resigned. She will never work in this industry again," said Mr Edmonds.

Addicted

"This is not someone stealing drugs and supplying them on an industrial scale. It is a limited number of supplies over a period of months to someone who was already addicted to these drugs."

Handing down the prison sentence, Judge Peter Davies said: "It was like a sweet shop that was permanently open for him, and him alone. It is not an exaggeration to say, but for you, he may be alive today.

"The fact that his death occurred cannot be ignored, and it is a seriously aggravating feature."

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152 drivers caught out by police

A TOTAL of 92 drivers were caught speeding during a road safety operation in Harlow.

In an operation carried out last Friday (April 28), officers and members of the Safer Essex Roads Partnership and Her Majesty's Revenue and Customs took to junction 7 of

the M11 to investigate road safety.

In addition to the 92 caught speeding, a further 17 were found not to be wearing a seat belt and, despite recent changes in the law, 17 others were found to be using a mobile phone.

Two were found to have no

insurance and two others were dealt with for careless driving.

Four vehicles were found to have non-conforming number plates and officers also detected 12 overweight vehicles with fines totalling £3,100. Six drivers were also dealt with for other offences.

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Andy Bridge, Managing Director of

APITS Ltd commented: "The UK may have voted to leave the European Union but we Brits love our property and are still eager to buy in Europe. *A Place in the Sun Live* offers the perfect opportunity to get advice and inspiration under one roof."

In addition to a range of global property agents, the show will be attended by experts in legal, financial, tax and currency matters.

The exhibition will also feature 'The Hub' where there are informative seminars from experts and interviews with the stars of the *A Place in the Sun TV* show. Top tips for overseas property hunting will be shared and the audience will have the chance to ask questions.

Tickets for *A Place in the Sun Live* are on sale now via

www.aplaceinthesun.com/exhibitions



Hagrid the giant leonberger

Hot dog Hagrid a record-breaker

Britain's Got Talent TV sensation

By William Mata

william.mata@hertsessexnews.co.uk

A 12-STONE dog has impressed Simon Cowell and thousands nationwide by setting a Guinness World Record on Britain's Got Talent.

David Woodthorpe-Evans, of Old Harlow, threw ten sausages to leonberger giant Hagrid in 14 seconds last Saturday in front of an official adjudicator.

Spin-off show Britain's Got More Talent broadcast the successful attempt in full. The judges gave four yes votes and will now decide if the dog should feature in the live semi-final shows.

Afterwards host Stephen Mulhern caught up with Mr Woodthorpe-Evans, who threw grapes to the presenter in parody of the act. More than 500,000 have watched the clip on YouTube.

David's wife Sarah Woodthorpe-Evans, who also appeared

on the show, said: "We are very excited and never cease to be amazed by how much attention this dog gets."

"They invited us on. We do not promote Hagrid but we get contacted. It was nice because we did not have to go through any preliminary heats and just went straight on."

Filmed

"On the show it was a new record (the first time it had been attempted). They said it had to be no longer than 17 seconds and then they would accept it."

The episode was filmed in March at the London Palladium and the family has not yet decided how to develop the act.

A leonberger is a cross between a Great Dane and a St Bernard. Hagrid, who is five, stands at 6ft when outstretched and can eat

three turkey carcasses a day.

Previously the gentle giant has gobbled hot dogs on CBBC show Officially Amazing and been the leader of the pack for St Clare Hospice fundraiser Winter Walkies.

Mrs Woodthorpe-Evans said: "We are now getting bombarded by people. But we are now getting used to it. We work around him and change our plans if a programme comes up."

"The shows are hard work and it can take nine hours. I was not at all nervous but I thought I would be quaking at the knees."

"You can't see many people past the judges unlike on the TV."

She added: "I would love to win but it is not impressive enough - when the act is eating sausages I am not expecting to go very far!"

Britain's Got More Talent continues on Saturdays at 9.20pm on ITV.

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Closing date to enter is 23:59pm on Wednesday 17 May 2017.



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Labour leader Corbyn in surprise visit to the town

Election campaign pledge to build one million homes in five years

By William Mata

william.mata@hertsexnews.co.uk

JEREMY Corbyn said a Labour government would build one million houses in five years during a surprise visit to Harlow.

He spoke to supporters and the media last Thursday (April 27) in the Town Park after posing for selfies at Harlow Town station and visiting an elderly couple in a newly-built council house.

Labour is keen to re-take the constituency in the forthcoming General Election after losing the bell-weather seat in 2010 to incumbent MP Robert Halfon.

Mr Corbyn said: "We are here to mobilise our campaign to win in Harlow."

"Here in Harlow we have a Labour council who are building council homes."

"We are getting new council housing here in Harlow."

"I have been to see an elderly couple re-housed in a council home, giving peace and security. "We want that for everybody in this country."

Only invited guests knew in advance about the whereabouts of the visit. Mr Corbyn visited Harlow last year ahead of the EU referendum campaign.

Labour is yet to announce its candidate for the town.

In 2015 candidate Suzy Stride was defeated in her first attempt to become an MP.

Harlow councillor Mike Danvers, who introduced his party leader on his visit last week, and former Green Party candidate Murray Sackwild have both put themselves forward.

When asked if a Harlow victory was essential to Labour gaining a majority, Mr Corbyn said it was essential to gain seats everywhere.

He added: "A Labour government would build one million homes in the period of a Parliament, half of which will be social and council, and be totally affordable."

Security

"We want our people to be housed. We want our young people to be growing up in security."

"This election is about the future and removing that sense of insecurity."

"Is it right that a million people wake up every morning not knowing if they have a day's work ahead of them?"

"Is it right that a million people are waiting for social care?"

"Is it right that people wait in A and E departments trying to get the care they need?"

"No, it is not right. It is up to us to put it right by electing a Labour government that invests in our future, that invests in our young people and our economy and jobs for the future."

Labour leader Jeremy Corbyn leads a rally in Harlow Town Park during his surprise visit to the town



He added: "Come with us on this journey to create a fairer, more decent society for everyone, not just the few."



Labour leader Jeremy Corbyn arrives at Harlow Town station

Left to feel worthless after years of abuse

■ From page 1

with mental health problems because of what happened.

"Workwise, I never managed to maintain a job long enough. I have had about 600 jobs. My lung disease has deteriorated from 2007 and I am now unable to work."

"Even now I have attempted suicide in the past few months. I have been sectioned for trying to throw myself in front of traffic. My dad said 'don't just talk about it, get on with it'."

"I feel worthless. I feel that everything was my fault. That I allowed him to abuse me and because of my illness I allowed my father to be aggressive and hateful, it has left me feeling useless."

"I don't feel I can give my family anything they want. Because of ill health we struggle hard financially. I wake up each day and I cry because I am alive. My children, I don't want to hurt them. If I did take my life I don't want them to feel it was their fault or that I have done something wrong for them."

By speaking out Graham hopes to encourage victims to contact authorities, but also to talk about the lasting damage abusers can do.

He said: "The victims get left behind. The damage that paedophiles do, it is horrendous the damage that they leave. Some are able to get on with their lives but a lot of victims suffer with mental health."

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Graham Ellis completing the abseil



Harlow Squadron Air Training Corps members prepare for action



Rhianna Rushall, Brittany Tralee and Ellie Sands pose beforehand

ROTARY PLUNGE: 140 fundraisers make the daring £42,000 raised by abseilers in truly towering charity effort

By William Mata

william.mata@hertssexnews.co.uk

MORE than £40,000 is expected to have been raised in Harlow's annual Rotary Abseil down Church Langley Water Tower.

In this, the 20th year of Harlow Tye Rotary's event, 140 people safely completed the plunge down the 36-metre structure last Saturday.

Donations

Although there were fewer participants than in previous years, the donations (once they have been counted) should total about £42,000.

Bill Colton, senior vice-president of Harlow Tye Rotary, said:

"Everything went smoothly and well.

"It was a very good atmosphere.

"We had an Elvis [impersonator] come down and he even gave us a song as he went. It has been 20 years and we started as Harlow was celebrating its 50th anniversary.

"The first year we ran it was only intended to be one year and it was very successful. After the third year we decided it would be an annual event."

He added: "We have now raised more than £900,000 in total."

Affinity Water, which owns the tower, has a longstanding agreement with Harlow Tye Rotary. People from all walks of life com-

pleted the abseil for various charities.

Among them was prolific fundraiser Graham Ellis, who was completing his 37th charity challenge in as many years, this time alongside his 15-year-old grandson Georgie, who is a youth boxing champion.

Marathon

In the past Mr Ellis, 67, of Elmbridge, Harlow, has completed the Coast to Coast walk, cycled across America and run the London Marathon. This time he raised £1,500 for Repton Boxing Club.

He said: "I have done it before several years ago. It is frightening stepping off into the unknown



Participants abseil down the water tower while spectators below look up as they make their descent

and you can't see what is behind you.

"You can control your descent. The longest part is going up, it's

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descent from 36m Church Langley structure in 20th year of Harlow Tye event



about 130 feet and it is quite a climb.

"You have a great view of Harlow from the top. I can see my

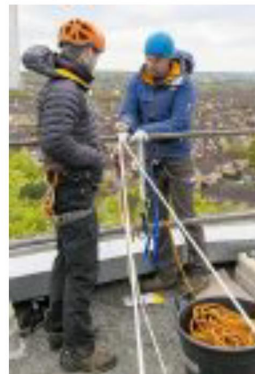
house in Old Harlow.

"We raised £1,500 for Georgie's boxing club. I am going to try to buy the boys a tracksuit each."

To sponsor Mr Ellis, visit just-giving.com/crowdfunding/graham-ellisben-reptonboxingclub



The spectacular view from the top of the water tower



Staff preparing ropes for abseiling



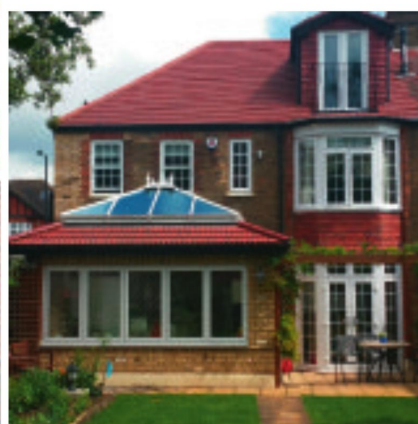
General view of the charity abseiling event

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The new sports hall at Stewards Academy is accessible to the wider community

Double celebration for Stewards Academy that has maintained its 'good' rating

School is happy with report and new sports hall

By William Mata
william.mata@hertsessexnews.co.uk

STEWARDS Academy is celebrating the opening of a new sports hall and a 'good' Ofsted result. The secondary school in Parnall Road, Harlow, had a short inspection on Wednesday, March 8 and saw it maintain the level it was judged to be in June 2013.

Paul Brooker, Ofsted inspector, wrote: "You balance nicely the demand for high standards with a relaxed and friendly atmosphere."

"The school runs like clockwork. Pupils are impeccably behaved and everything is purposeful and well organised."

He also commented positively on teaching, behaviour and safeguarding while also praising the training of staff and school curriculum.

In order to improve, Stewards is tasked with ensuring progress made by pupils with special educational needs matches those with



Special guest Paralympian Anne Wafula Strike MBE

similar starting points. Teachers are also asked to take opportunities to deepen pupils' learning.

On Friday, April 21 head teacher Rhonda Murthar was joined by



The contractors from the hall build



Amie Stringmore plays table tennis in the new sports hall

Harlow Paralympian Anne Wafula Strike to officially open its sports hall which also contains a gym.

Students enjoyed a game of table tennis to mark the occasion. The hall can also accommodate badminton, basketball and indoor

PE lessons. It is also accessible to the wider community.

Ms Murthar, who will retire at the end of term after 27 years, said: "The building of this sports hall has been a long term project which began as a vision and has now become a reality."

Commitment

"This is due to the hard work and commitment of governors, senior leaders and academy staff."

"We have always regarded Stewards as a school at the heart of our community and this new facility will enhance sporting opportunities for everyone."

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Holly Keys-Kidd tries out the equipment in the new sports hall

First pints raised as park pub re-opens after a £250k refurb

The Greyhound welcoming all with a stylish interior

By William Mata

william.mata@hertssexnews.co.uk

CENTREPIECE pub The Greyhound has reopened in Harlow Town Park after a refurbishment costing £250,000.

After a three month closure the School Lane venue is now back open for business and parliamentary candidate Robert Halfon marked the occasion last Friday (April 28) with an inaugural pint.

Harlow resident Matt Sendall has taken over as licensee of The Greyhound, which is owned by Star Pubs and Bars, and ten new jobs have been created.

Response

Mr Sendall said: "The response from park users and people from the neighbourhood has been fantastic.

"They're delighted to see The Greyhound being brought back to life and to have somewhere to go in the park and on their doorsteps.

"I've wanted a pub of my own for years. It's the icing on the cake for it to be in my home town and a historic pub that has had so much investment."

The Greyhound, one of Har-



Barman Craig Wood, parliamentary candidate Robert Halfon and Greyhound licensee Matt Sendall

low's longest serving pubs, has been enjoyed by punters for decades and is the usual spot for a band playing on Remembrance Sunday.

The renovation sees the introduction of a barista service with coffee and cake from 11am, as well

as freshly prepared food. In addition a smaller room of sofas has been added alongside a new kitchen, dining area and cellar.

There will also be monthly entertainment nights and community groups will have the option of meeting there.

Mr Halfon, who will stand again to become Harlow MP again this month, said: "I am proud to be part of the reopening.

"I congratulate The Greyhound pub for all they are doing to make the pub such a very special place in a very special part of Harlow."



The Greyhound is now open to all for a refreshing drink



The pub is offering coffee and cake as well as traditional fare

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Coroner rules well-known decorator took his own life

Tributes to father-of-four 'who knew a lot of people in Harlow'

By William Mata

william.mata@hertsessexnews.co.uk

A 33-YEAR-OLD decorator from Harlow who was "the life and soul of the party" took his own life, an inquest has ruled.

Gary Clark, of Ladyshot, had a history of mental health and alcohol problems and was found hanged.

He leaves behind two sons and two daughters, who are all younger than 13, and Mr Clark's former-partner Hannah Sharpe, 26, has now started a fundraising appeal for his children.

She said: "I started the page to raise money to ensure his kids are well looked after."

Target

"So far we have raised £80 but I put the target as £1,000."

"He knew a lot of people in Harlow. He was the life and soul of the party."

"He would talk to anyone and even when he walked to the shop he would see someone he knew."

"His children were his life. I would love a donation to go to the family."

Mr Clark was a former painter and decorator who loved fishing and DJing, and had four children

from two different relationships.

Essex Coroners Court heard on Friday he had previously attempted suicide and when he died, he had 116 milligrams of alcohol per 100ml of blood, well over the drink drive limit.

He was found on February 13 by Essex Police to be hanging and a cause of death was given as suffocation by ligature.

In giving her verdict, area coroner Eleanor McGann said: "He had mental health issues and this was coupled with alcohol issues."

Evidence

"As to whether he intended to die I have got the evidence that he tried before and he said to an ex-girlfriend that he had tried to hang himself."

"I am certain his death was suicide."

Members of his family attending the inquest expressed dissatisfaction with mental health services in not taking further action.

But they requested for the inquest to go ahead rather than defer and take legal action, a decision that effectively closed the case.

His mother, who did not wish to be named, said: "He pleaded for

help and he went up there a few times and the doctors could see how lost he was."

"There was a cry for help and they were not interested."

"It is the way the system works and they let him down."

"We were advised it would not be of any value (to press charges) and it would not bring

him back."

She added: "Everybody liked him, he had a really good heart and did everything for people."



The family of Gary Clark have paid tribute to him, saying he "would talk to anyone"



Boots in Epping

Four men arrested in chemist raid case

FOUR arrests have been made by Essex Police in connection to a burglary at Boots in Epping earlier this week.

Four men forced entry through the front of the store, located in the High Street, at some time between 6pm on Monday, April 24 and 7.20am on Tuesday, April 25.

A messy search of the premises took place, followed by glass cabinets being smashed and bottles of perfume estimated to be worth a four-figure sum were stolen.

Custody

Three men, aged 32, 42 and 43, from Harlow, and a 37-year-old man from Saffron Walden, have been arrested on suspicion of burglary and remain in custody.

■ Anyone who may have witnessed the burglary or saw a silver Vauxhall Astra in the area is asked to contact Ds Neale Parker at Harlow CID on 101.

Alternatively, witnesses can contact Crimestoppers anonymously on 0800 555 111.

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Lance McCarthy is the new PAH chief executive

Labour names its candidate for seat

LABOUR has announced Councillor Phil Waite will stand for the Harlow seat in the general election.

The party confirmed on Tuesday that the Harlow Council member would stand against incumbent Conservative MP Robert Halfon in the vote on Thursday, June 8.

Mr Waite has lived with his family in Harlow for more than 30 years and is a trade officer for Union of Shop Distributors and Allied Workers.

He said: "I understand how important it is to be able to find a good job with decent conditions and prospects for promotion so you can provide for your family."

Cuts

"I know that education, health care, jobs and housing matter to people. But this Tory government has overseen the biggest cuts to our public services in a generation."

"Harlow needs an MP who understands the effect these cuts are having on ordinary people and who is willing to stand up for Harlow and fight for the investment in our public services we need."

He joins Liberal Democrat Geoff Seeff on the ballot along with Robert Halfon who will attempt to stay on as Harlow MP after being re-selected by town Conservatives.

New health boss charged with overseeing recovery

Princes Alexandra Hospital NHS Trust appoints its chief executive

By William Mata

william.mata@hertssexnews.co.uk

PRINCESS Alexandra Hospital NHS Trust (PAH) has named a new chief executive to succeed Phil Morley.

The trust's infirmary in Hamstel Road, Harlow, will be led by Lance McCarthy, who leaves behind an equivalent role with Hinchingsbrooke Health Care NHS Trust in Huntingdon.

Last year an inspector from the Care Quality Commission rated PAH as "inadequate", placing the trust into special measures.

Mr Morley announced his intentions to retire in February

after joining PAH in 2014. This was after he said last November he was committed to turning round the trust in a 'five year journey'.

PAH praised the track record of Mr McCarthy after he led the Huntingdon hospital from "inadequate" to "good" within the space of one CCG inspection.

Perfect job

Mr McCarthy said: "This is the perfect job in so many ways."

"The chance to be part of the development of a new hospital on a new education and social care campus is exciting."

"The chance to shape health

and social care across West Essex by developing our accountable care partnership is a challenge I shall relish."

"And finally the chance to work with a staff team who are so obviously caring and committed to doing the best for patients will be a pleasure."

Alan Burns, chairman of PAH, said: "I am delighted on behalf of the trust to announce Lance's appointment."

"I know that with Lance's focus on improving the safety and quality of patients' experience, we will have the best possible chance of following Hinchingsbrooke's example."

Hoax 999 calls include child's report of 'drowning goldfish'

A CHILD who dialled 999 to report a drowning goldfish is one of several hundred time-wasting or hoax calls received every month.

The East of England Ambulance Service Trust (EAST) has joined forces with Harlow College in campaigning to reduce time-wasting, to speed up the service and ultimately save lives.

Nationwide there are ten hoax calls made every day which can deprive residents in urgent need of a fast response.

Joy Hale, head of communications at EAST, said: "These inappropriate calls are as much a strain on our resources as hoax calls as we still have to respond. You wouldn't believe some of the things people call 999 about. A child called to say their goldfish was drowning and a man asked for an animal ambulance for a critically injured squirrel."

"These may sound harmless



The students meet EEAAT paramedics

but it does mean that a genuine caller with a real emergency may have trouble getting through."

Level 2 media students at Harlow College, in Velizy Avenue, have produced an animation, an e-book and documentary videos to tackle every aspect of hoax calls.

Steve Youens, senior emergency medical technician

said: "This is one of the biggest projects I've worked on and college students have gone beyond my expectations."

"It's taken around seven months to produce everything and they've been fantastic."

The materials will be circulated as part of EAST's campaign to cut the time-wasting calls. The materials will also be taken into schools.

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Liquorice and Tilbury have been rescued and rehomed at Redwings



Rescue centre overwhelmed by horse crisis

Nazeing sanctuary now completely full

By William Mata

william.mata@hertsexnews.co.uk

A NAZEING equine sanctuary is completely stretched due to a "horse crisis".

Redwings Ada Cole Rescue Centre in Epping Road is a charity that gives neglected or abandoned horses a safe place to live for the rest of their lives.

But its service is under pressure due to a sharp rise in horse abandonment nationally.

Meanwhile, more than 6,000 people have now signed a petition to "stop inhumane treatment to horses in Harlow Common".

Redwings has five centres nationwide and Lucinda Sloane, who works as the charity's communications manager, said: "Since 2013 we have been talking about a horse crisis."

"Abandonment figures have doubled across the country. Our sanctuary is full and we have no more space, it is a commonly faced issue."

"There are too many horses and not enough homes. It devalues them."

Horse tethering and equine roaming is not an unusual sight in Harlow but the graphic image of a dead horse in Pinnacles, widely circulated on social media, led to louder calls for action.

Last month Harlow MP Robert Halfon rallied for an end to the situation, and questioned Harlow Council and the RSPCA.



Liquorice - before receiving emergency treatment

Horse tethering is not illegal and authorities have limited powers to step in. The RSPCA can be contacted if anyone has serious concerns about the welfare of an animal.

Ms Sloane continued: "We don't tether horses. It is not illegal but it must be done correctly."

Identify

"I think the real issue is that there are too many horses and not enough land. It is not always possible to identify the owners."

"Roaming is also a concern and it is one of the reasons why people tether their horses."

"It is a nationwide problem that we have been tackling."

She added: "I think what has happened is that we have been talking about it since 2012 and it

takes a while for the message to be filtered down."

"There has been a heightened consciousness."

Redwings, which is completely publicly funded, consistently works with town authorities. Harlow PC Josh Haase recently visited the sanctuary to see a pony (now renamed Josh in his honour) that he helped rescue.

A meeting is due to be held between Redwings, Essex Police, Harlow Council and the RSPCA to discuss what can be done.

Ms Sloane said: "It is important for people to realise that everybody has the horses' interests at heart and we are all working for the horses."

"It is not a quick fix. Nothing is going to stop people from getting more horses."



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Birthday Greetings

Happy Birthday

Esme Ford

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Nan & Grandad xxx



Bereavements

Francis John FOUNTAIN Frank

Suddenly passed away on
Thursday 13th April 2017, aged 64 years.

Much loved Husband to Linda,
Father to Sara, Darren & Grandad to many.

He will be sadly missed
by all his family and friends.

Funeral service to take place at
Parndon Wood Crematorium on
Tuesday 9th May 2017 at 1.45pm.

Family flowers only please.

Donations if desired, made payable to
"Friends of Harlow Pets Corner" may be sent c/o
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Born 1 December 1926 - Died 7 April 2017
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Bereavements

LESLIE WILLIAM KEMP

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Mark and Emma and a wonderful and loving
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LILIAN ROSE O'NEALE (LIL)

Peacefully in the Princess Alexandra Hospital
on 26th April 2017, aged 95 Years. The beloved
Mum to Brian and Rob, Mother in Law to Julia
and Kathy, a wonderful and loving Nan to Rob,
Julie and Matthew and a truly inspirational Great
Nan to her Great Grandchildren and Great Great
Grandchildren. She will be sadly missed by all her
family and many friends. Lil's Funeral Service is
to be held on Monday 8th May 2017, At Parndon
Wood Crematorium at 1.00 p.m. Flowers welcome
or if desired Donations to the Harlow Alzheimer's
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Bereavements

Lilian O'NEALE (Nan Lil)

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And so hard not to cry.

We sat beside your
bedside,
And held your hand
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with tenderness
And prayed to God
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Bereavements

Mary Kathleen REUTER

Sadly passed away on 20th April 2017,
aged 97 years.

Mary will be greatly missed by all her
loving family and friends.

Funeral service will take place at
Parndon Wood Crematorium on
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SOUND OUT

Linkin Park frontman Chester Bennington, far right, says the band helped him through a dark period in his personal life

I HATED THE WORLD. I WAS SUICIDAL



LINKIN PARK frontman Chester Bennington looks like the type of celebrity rock star you only ever read about. But here he is in the flesh, perched on a leather sofa in a recording studio in Kensington. A quick visual scan confirms his outward frontman credentials. Tattoos? Tick. Piercings? Tick. Black nail polish? Tick. His bandmate and long-time friend Mike Shinoda is sitting next to him, and he oozes coolness.

But deep into our conversation the pair both start talking about being fathers, about how long it takes to leave the house when you have children. And that party-all-night rock star image evaporates.

Their seventh album, *One More Light*, is due for release on May 19, and while there are a few firsts on it – such as a collaboration with a female vocalist and UK Grime artist Stormzy – the rest of their music mission remains unchanged.

Following the release of first album *Hybrid Theory* in 2000, the American band has gone on to blaze a trail of musical success in whatever they do. Their debut sold more than 10 million copies, earning it diamond certified status, and to date they've won two Grammy Awards, five American Music Awards, four MTV VMA Awards, 10 MTV Europe Music Awards and three World Music Awards.

It's been three years since their last album, *The Hunting Party*, was released, and fans have been chomping at the bit for new music ever since.

"On this album," Mike, 40, explains, "I think we got half-way through it, really liked what we were making and decided to really slow the process down and go in even deeper on it."

By that he means they worked differently in putting the record together. Previously they'd have had demos, then added lyrics and

Linkin Park's latest album is by far the most emotionally raw of their two-decade career. **KERRI-ANN ROPER** learns how making it was therapy for singer Chester Bennington

extra instrumentation. But this time they switched their working methods.

"We started out with conversations about what was going on in our lives and then we'd pick from that and create lyrics and melodies based on those experiences," 41-year-old Chester explains.

"That really changes the dynamics of the sound, because we're letting our emotions and our feelings tell the songs what to do, as opposed to the songs telling us what the emotion of the song should be."

The previous day, during a Q and A session following a playback of a few songs in front of a small audience, Chester spoke openly about his state of mind when they

started the album.

"I hated the world. I had a song in my phone at the start of the process called 'I hate the world right now.' I was pretty suicidal. I hated my life," he says frankly.

"Mostly the suffering that I was bringing on was self-imposed. All these thoughts were stuck in my head. It was not healthy."

"I remember thinking that I wanted to be left alone."

But he credits the writing process and band with getting him into a better place mentally.

He goes on to explain: "I don't like feelings. I don't want to have any feelings at all. Even now, through all this process, that was the beginning point, I worked on all this stuff and started changing my perspective. I started reaching out and talking about my feelings. The next thing I know, I wasn't alone in the conversation in my head. I was inviting people into the conversation and getting feedback and working through this stuff."

"At the end of the process, I was surprised I was ever in this place. I was like, 'Wow, I can't see myself getting in that place again because I have such good friends.' I have a beautiful wife, great kids, awesome job."

The opening line of the first single released from the new album is a reflection of where he was emotionally at that stage. The song, titled *Heavy*, opens with the words: "I don't like my mind right now." The lyrics aside, it is also the first time the band has had female vocals, in this instance from rising

pop star Kiiara, on a song.

"People outside the band, their reference points, all these other artists are in way different situations," Mike says.

"We don't have a timeline on a record, it's whenever we want to put it out, we don't have someone from the label breathing down our necks saying, 'What about the marketing plan?'"

"In our world, the label has trust in us, we are the artists, we know what we want and we're focused on the best album we can make."

The album has been called their most personal one to date, and Mike reveals he wrote one of the tracks for his children.

"I was trying to get my kids ready for school and they were fighting me on everything," he recounts.

"With little ones, sometimes the five-minute exercise of walking out the house and getting to the car to go to school can be a 30-minute exercise, because you're like, 'I told you to put on your shoes, where's your sister? Wait, where are your pants? You need pants to go school!'"

Chester chimes in with his own line of "I told you to brush your teeth 40 minutes ago" and they both nod in parental agreement.

The band will be back in the UK in July where they'll do shows in London, Birmingham and Manchester, and that suits Chester just fine.

"We are never going to sit in one place for too long," he says. "Our musical journey doesn't have a destination, it just has stops. It has places we like to visit and move on."

■ Linkin Park's seventh album, *One More Light*, will be released on May 19. The band will tour the UK in July, performing at London's O2 Arena, Manchester Arena and Birmingham's Barclaycard Arena. Tickets are available from livenation.co.uk

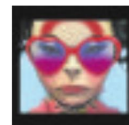


GORILLAZ - HUMANZ

★★★★★

WITH former Blur frontman Damon Albarn taking a back seat to introduce turns from Danny Brown (Submission), De La Soul (Momentz), Grace Jones (Charger), Mavis Staples and Pusha T (Let Me Out) and more, Humanz naturally suffers from lack of focus at times. But there are some stunning moments – see lead single Hallelujah Money for a classically Albarnesque blast of unsettling balladry, lifted by a stunning performance from Benjamin Clementine.

If you're looking for wild escapism you can't go far wrong – here is a maturity in Albarn that many may never have envisaged. Once front and centre, he now revels in the role of master curator.



CATTLE AND CANE - MIRRORS

★★★★★

TEESSIDE five-piece Cattle and Cane make a bullish return with another prime cut of folk rock on second album *Mirrors*.

More a musical progression and maturity of sound than a change in direction, brother and sister singer-songwriters Helen and Joseph Hammill are less Mumford & Sons and more Fleetwood Mac (Make Your Vision) and Steely Dan (Fool For You) on this follow-up to 2015 debut *Home*.

The pair, who are joined in the band by brothers Fran and Vin, share vocal duties throughout and their harmonies work well together, none more so than on *Time To Get It Over With*. Mellow moments such as *Paperman* and closer *Tonight We Dance* (Cleveland Hills) are highlights on another strong release.

MARK LANEGAN BAND - GARGOYLE

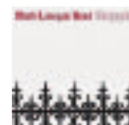
★★★★★

GNARLED troubadour Mark Lanegan has proved to be one of the most enduring singers of his generation.

Collaborations with Queens of the Stone Age, Soulsavers and Isobel Campbell have brought him acclaim but he also has an accomplished body of solo work. Gargoyle sees him work with English musician Rob Marshall and it feels like this album is largely built around keyboards rather than guitars.

Musically, it spans styles from Sixties psychedelia to Nineties rock but everything hinges around Lanegan's wonderful, plaintive baritone.

Nocture starts off like a goth anthem before morphing into something more uplifting and transcendent. *Blue Blue Sea* is an electro-ambient hymn that wouldn't be out of place on a Nineties dance album while Beehive's jangly guitar sound recalls The Smiths and Stone Roses. Upbeat, accessible and catchy. Who'd have thought it?



British grime artist Stormzy appears on the new album

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REVIEWS



Julian Barratt, left, stars as Richard Thorncroft a washed out actor who reprises his role as fictional television detective Mindhorn

Defective detective

Seeing the truth is easy when you have robotic vision in director Sean Foley's loopy lark based around a fictitious 1980s TV detective show – catchphrase “It’s truth time!” – best described as *The Six Million Dollar Man* meets *Bergerac* on the Isle of Man.

Scripted by actors Julian Barratt and Simon Farnaby, who nab two of the showiest roles, *Mindhorn* hits more targets than it misses with its delightfully daft cocktail of spoof, slapstick and whodunnit.

Pratfalls

The search for a hospital outpatient, who is suspected of murder, quickly takes a back seat to the pratfalls including flashes of old-fashioned physical humour like the lead actor chasing after a suspect and awkwardly clambering over a garden gate as it swings open beneath him.

Extended cameos from Kenneth Branagh and Simon Callow, gleefully poking fun at their theatrical luvviness, deliver hearty laughs as the

MINDHORN (15)

★★★★★

titular sleuth goes to squirm-inducing lengths to regain his poster boy status, albeit with a pot belly and a hairline that has receded down his back.

In the late 1980s, actor Richard Thorncroft (Barratt) set a nation's heart aflutter as *Mindhorn*, who could literally “see the truth” using his one robotic eye.

Twenty five years later, fame has cruelly deserted him.

Richard is overweight, gloriously self-deluded and has to beg his long-suffering agent (Harriet Walter) for unedifying work.

Out of the blue, she offers him a chance at

redemption: return to the Isle of Man, where the TV series was filmed, to assist Chief Inspector Derek Newsome (David Schofield) in

apprehending suspected serial killer, Paul Melly (Russell Tovey).

Melly is a deluded fan of the TV series and tells police he will “only speak to Inspector *Mindhorn* or more people are going to die!”

Consequently, Richard travels to his former stomping ground to work closely alongside DC Baines (Andrea Riseborough) on the high-profile case.

“Stay in character at all times,” she reminds Richard.

“When I go in, I go

deep,” he counters.

Employing every acting muscle, Richard revives his alter ego, while attempting to stoke the embers of romance with former co-star Patricia Deville (Essie Davis), trading barbs with former series stunt man Clive Parnevik (Farnaby) and coveting the outrageous good fortune of former *Mindhorn* sidekick turned entrepreneur, Peter Eastman (Steve Coogan).

Lunacy

Filmed on location on the Isle of Man, *Mindhorn* is a potty-mouthed escape from dreary reality that pickpockets chuckles and the occasional snort of derision as the cast surrender to the script's lunacy.

Barratt is clearly having a ball as a fallen star, who couldn't care less about the death of an innocent girl until he has his morning *Americano* with hot milk.

Farnaby is equally goofy and their script contrives a ramshackle murder mystery that might pass muster on *Midsomer Murders*, with a considerably higher body count.

ALSO OUT THIS WEEK

SLEEPLESS (15)

★★★★★

Shapeless, Soulless, Spineless and Senseless would be more fitting titles for director Baran Bo Odar's lumbering remake of the 2011 French-language thriller, *Nuit Blanche*.

Transplanting the breathless cat and mouse from the outskirts of Paris to the twinkling lights of Las Vegas, *Sleepless* bets heavily on frenetic action and implausible plotting, and loses everything – including our patience – in a tiresome finale riddled with double and triple-crosses.

While the original film was relatively low budget and benefitted from a leading man who performed his own stunts to heighten tension, Bo Odar's lacklustre revamp parachutes in a starry Hollywood cast including Oscar winner Jamie Foxx, inset.

Close-ups of his sweat-beaded brow hope to convince us that the stakes are high while German composer Michael Kamm cranks up the volume on a relentlessly unsettling score, which would be better suited to a gore-splattered slasher than a serpentine crime thriller.

Andrea Berloff's script trips itself up with laughable lapses in logic: the traitorous cop, who leaves an incriminating voicemail that blows his cover; the mother with freshly split blood glistening on her hands, who tenderly touches the face of her son and, miraculously, fails to transfer a single drop of rhesus positive.

Las Vegas Police Department homicide detectives Vincent Downs (Foxx) and Sean Cass (Tip “T.I.” Harris) don masks and brandish government-issue weapons to steal a shipment of drugs.

Their haul is 25 kilos of cocaine “worth seven or eight million on the streets”.

The next day, knife-wielding thugs kidnap Vincent's teenage son, Thomas (Octavius J Johnson), en route to football practice.

Shady casino owner Stanley Rubino (Dermot Mulroney) telephones the distraught father and explains he is holding Thomas to ransom: the missing white powder in exchange for the boy's life.

It transpires that Rubino needs the cocaine as part of a business deal with sadistic gangster Rob Novak (Scoot McNairy).

“If I can't deliver, I'll give him your son instead,” Rubino coldly informs Vincent.

The cop races against the clock to personally courier the drugs to the Luxur casino, whilst concealing Thomas' abduction from his suspicious ex-wife, Dena (Gabrielle Union).

Meanwhile, tenacious Internal Affairs officer Jennifer Bryant (Michelle Monaghan) and her partner Doug (David Harbour) are shadowing Vincent, and intend to catch him red-handed.

Sleepless is a yawn, beginning with a pedestrian car chase on curiously empty city streets.

Foxx mumbles lifeless dialogue as if in a daze and fails to generate on-screen chemistry with any of his co-stars, including Johnson's two-dimensional son.

Monaghan caterwauls her ballsy character's frustrations – we know how she feels – while Union is surplus to requirements yet, hilariously, she manages to insert herself into the film's centrepiece shootout.

“This is nuts!” observes an Internal Affairs officer. It certainly is.



HOTSEAT

I have a surefire remedy for jet lag - I replace it with a hangover

DEBATABLE TV QUIZ MASTER PATRICK KIELTY CHATS TO MARION McMULLEN ABOUT FAMILY LIFE IN LA, ONE DIRECTION FANS AND HIS PERFECT CURE FOR JET LAG

You and your wife Cat Deeley spend your time between LA, Ireland and England these days. How do you cope with jet lag?

I'M in LA at the moment - cushions are blowing across the garden so it's not all sunshine and glamour.

All of us as a family were in the UK and Ireland in December, January and February so I saw plenty of frost. (Laughs) I have a surefire remedy for jet lag - I replace it with a hangover. It's the only way to do it. A bottle of wine before you go and another before you go to bed. Anyone who says it doesn't work, I just tell them they are not drinking heavily enough. It cures jetlag, but it doesn't cure the hangover that follows.

Have you embraced the healthy LA lifestyle?

CAT is very healthy and she gets up in the morning and she juices vegetables. She's always kept herself in good nick. I normally have six cans of Guinness in the back of the fridge. I always say she's on the green juice diet and I'm on the black juice diet. (Laughs) That's about as LA as I get.

What's your perfect night in?

LIKE everyone else we binge on the box set thing. Our son Milo is 17 months old so we put him to bed and then watch TV episodes solely depending on how long they are.

Anything 90 minutes or two hours and we are going to be sleeping on the sofa. Anything 60 minutes - The Crown or The Fall with Jamie Dornan - we're there.

Is Milo likely to grow up with an American accent?

WE were talking about this the other day. Cat's mum and dad come from Sutton Coldfield and they have got Midlands accents and I have an Irish accent.

I've found myself talking to him in this over-the-top Irish accent like 'Would you like to play with your toys? Shall we do that? Shall we?' I came down to the kitchen

and Cat was like 'What was that?'. She had heard everything on the baby monitor. He's probably going to turn around one day and say 'Hi Mom' in an American accent and tell me 'Dad you sound so quaint. Say that again.'

Do you ever get starstruck living in LA?

IT'S really weird. I'm used to meeting big stars on my chat show and radio programme.

Denzel Washington came in and I was wee bit starstruck, but I'm used to that in the studio. But sometimes in LA you actually see people on the streets. I bumped into someone the other day and we were saying 'I'm sorry' and then I realised it was Samuel L. Jackson. There's also a little restaurant down the hill where every Friday Mel Brooks and his friends have dinner. The first time I was in there I was like 'Woah, that's Mel Brooks' and they were like 'Yeah, he's here every Friday.'

Things like that just don't happen on the streets of Dundrum where I grew up.

You're now back with a new series of BBC2 quiz Debatable with celebrities like Angela Rippon, Phil Tufnell and comedians Tim Vine and Ed Byrne. Do they get very competitive?

I PUT them into two categories - those that are very plausible and probably could sell you anything on the shopping channels and those who just know stuff.

Sometimes you can go to random places and you find out stuff you didn't expect like Esther Rantzen saying she had been looking through old photos of herself dancing through the garden just wearing a straw hat.

What else is in the pipeline?

(LAUGHS) I'm going to Nashville to make a documentary for the BBC to see if I can make it as a country and western singer.

I wrote a sitcom for BBC radio called Big Country and I'm writing

more of that and then there's the chat show Delete Delete Delete. It seems when you've a small boy, the diaries get busy.

Did you get much reaction from One Direction fans when you appeared as Niall Horan in the tribute band No Direction for Red Nose Day two years ago?

OH, my god! I played a charity football match last year and Niall was on the team and I was talking to him about it.

Vic Reeves was Harry Styles, Johnny Vegas was Liam Payne, Nick Helm was Zayn Malik and Jack Dee was Louis Tomlinson. It was part of a campaign to get people watching Comic Relief night. I put the odd jokes and bits and pieces on Twitter and had about 120,000 followers at the time.

For this, I had a card saying something like 'Hi, I'm Niall' and the One Directions guys were then retweeting the messages. Johnny Vegas did the first one and called me saying 'Recharge your phone. It's going to melt down.'

I thought 'It can't be that bad' and I went out for a few hours. I couldn't believe it when I got back - I'd had something like 15,000 to 20,000 new messages in two hours saying things like 'Do you know Niall?' 'Can you get a message to him?'

If there's a third series of Debatable, we should have One Direction on. Sorted.

■ Patrick Kielty hosts Debatable on BBC2, weeknights from Tuesday, 6.30pm/6.45pm



Main picture: John Michael Fulton

Patrick Kielty, main picture, and with his wife Cat Deeley, above

CELEBRITY WELLBEING

LORRAINE KELLY is looking trim and glamorous, and is happy to announce that she has personally kicked middle-age into touch. "I'm 57 and know I'm heading towards 60, but I can't believe it. As far as I'm concerned, I feel 28 at the moment, with even more enthusiasm, energy and positivity than I had then," she declares in that familiar Scottish accent.

The TV legend, who has been a familiar face on breakfast-time screens for three decades and has presented her hugely popular daily talk show, ITV's *Lorraine* since 2010, has devised her own recipe for keeping ageing at bay.

She has transformed her appearance over the last couple of years by losing two stone, is now a size 10-12, and has a new outlook on food and exercise.

"I'm happy with the way I look – something I never expected to say at this age. I really think I've found myself."

"It's down to making exercise part of my life – I do a cross between Zumba and Eighties aerobics – and actually enjoy it because it makes me feel good and relaxes and de-stresses me. In fact, I don't feel right unless I've done my regular sessions."

"I've given up diets – I've tried every silly one there is and they just used to make me miserable. Instead I try to eat healthily, apart from some treats, so I don't feel deprived."

"After all, you can't beat a curry and a glass of wine!"

"But, because I'm more active, everything seems to balance out."

There's not a trace of smugness about the down-to-earth presenter, who, as a mother-of-one with a demanding career, recognises how women juggling work and family life struggle to prioritise themselves and their appearance.

"Women put themselves at the bottom of the list, which goes kids, husband, work, dog, goldfish, friends and then themselves."

"We're all inclined to go, 'I'll buy that when I've lost half a stone', but sometimes, you just have to say, 'No, I have to do this for me because it's important'. I've been there myself and realised, if I could make time for my favourite TV programmes, I could make time for my body and my health."

"My personal satisfaction nowadays is that I'm happy to show off my arms because before, I always used to wear wee cardies to cover up that area."

"These days it's not about having a perfect body – nobody actually has that in reality – it's about real women. It's about sending out a message that it doesn't matter what age you are – 40, 50, 60, 70 – it's about realising, 'Hey, you're in your prime! I say, go for it, life is short and don't put things off.'"

I am happy with the way I look, I never expected to say that at my age!

LORRAINE KELLY'S BEEN A FAMILIAR FACE ON DAYTIME TV FOR MORE THAN 30 YEARS, BUT NOW SHE'S CELEBRATING A NEW IMAGE. SHE TELLS **GABRIELLE FAGAN HOW HER HEALTH REGIME IS HELPING HER BEAT BACK THE YEARS**

"Go for it" is an adage she certainly lives by. Lorraine, who started out as a reporter on Scotland's TV-am, seems to effortlessly manage the stars and guests on her show, and is widely considered one of the nicest women on TV.

"Well, I'm glad people say I'm nice – the alternative would be awful, wouldn't it?!" she says, roaring with laughter. "All I know is, my grandmother and my mother always drummed into me, 'Treat people the way you want to be treated', and that's what I do."

"Anyway, it must be such an effort to be a diva, and such an effort to be horrible to people. Why would you do that? If you're happy, as I am with my job and private life, you want to give out that happiness."

"After all, truly, I do have the best job in the world."

"Recently I've interviewed astronaut Buzz Aldrin, the second man to land on the moon, Oprah Winfrey, Tom Hanks and Hugh Jackman, who all bowled me over."

"Although I don't get nervous, I do get star-struck. It was so lovely to find that despite their fame, both Hanks and Jackman were without ego and just natural, nice people, that you could easily go and have a drink with."

Perhaps unsurprisingly, mention of the word 'retirement' is greeted with a firm, 'No'. Lorraine says: "Eamonn Holmes and I have both said we'll still be

working when we're on Zimmer frames. They'll have to get a big hook to get us off," she jokes.

"Seriously, while people enjoy watching, I'll carry on, but even if it came to an end, I can't see myself ever completely stopping work. I'd continue to write and do other projects."

Her family is at the heart of Lorraine's happiness. Glasgow-born Lorraine, has been married to cameraman Steve Smith for 25 years. She spends the week working in London and returns to their home in Broughty Ferry near Dundee, every weekend. Their daughter, Rosie, 22, is working abroad.

"Although Rosie's left home, I'm in touch with her very regularly, so I'm not feeling that empty nest syndrome yet. We're very close and while, as a mum, you never stop worrying about your kids, I'm so proud of her. I miss her, but if she's happy, I'm happy."

Lorraine, who's spoken in the past of having had a miscarriage when Rosie was five, admits: "I would have loved more children – I had a football team in mind originally – but it just didn't happen and by the time I realised that, I was in my late 40s."

"For me, that was way too late to go down the IVF route. I don't feel sad about it, rather, I feel blessed to

have one very happy, healthy child."

She recently returned from travelling from the South Atlantic to South Georgia, following in the footsteps of Polar explorer, Sir Ernest Shackleton, with her husband, to celebrate their 25th wedding anniversary.

"Spending three weeks together on our own and seeing somewhere I've dreamt of visiting since I was a little girl, was wonderful. Steve and I get on

brilliantly and never run out of things to talk about."

"Actually, I think our absences – me away in the week and back at weekends – help keep the romance in our relationship. We have little reunions all the time," she explains.

"What's really important is that Steve makes me laugh all the time – he's hilarious with a great sense of humour and, another bonus, he cooks. That's amazing, because I don't cook!"

"He'll even go to the supermarket and come back with the right things, apart from the odd sort of boy thing, like he's seen some sort of weird chocolate which he insists we try."

"Sorting out the shopping list and only slipping in a few 'boy' extras is really a giant plus in any chap!"

■ Lorraine Kelly has created a collection of homeware, Lorraine at Home, for JD Williams Home.

Television presenter Lorraine Kelly on the red carpet



1 SOFT toys should be washed with non-bio washing powder suitable for sensitive skin at more than 60°C or put in the freezer overnight, then washed at a lower temperature.

2 KEEP windows closed during early morning and evening in the pollen season.

3 CONSIDER using a roller blind instead of a curtain.

4 COVER duvets and pillows with anti-allergy bedding.

5 WASH all bed linen weekly at 60°C with non-bio washing powder.



6 USE cotton sheets on your child's bed.

7 VACUUM daily but don't have children in the room at the time. Allow three to four hours for dust to settle before letting children back into the room.

8 CHOOSE a lampshade that can be wiped. Fabric lampshades can hold onto dust in the room.

9 RUNNING an air cleaner can help in the reduction of allergens such as house dust mites.

DOCTOR'S NOTE

GETTING more fibre in your diet may reduce the agony caused by arthritic knees.

Researchers at Boston University School of Medicine tracked 4,796 patients for eight years. Those who ate the most fibre were 44% less likely to develop severe pain and had a 24% lower risk of suffering from moderate pain.

It is believed that fibre reduces inflammation in the body, causing the patient less pain.

The findings, in the journal *Arthritis Care & Research*, suggested 25g of fibre a day (such as two cups of prunes) was enough to make a difference by a third.



Lorraine with Michael Wilson, left, and Eamonn Holmes before the launch of GMTV in 1992

PAST TIMES

It's 60 years since the UK first took part in the Eurovision Song Contest and 20 years since Katrina And The Waves brought us victory with Love Shine A Light. Eurovision expert **DEAN ASKER** looks back at the UK's past entries



IT WAS great when it all began. The UK first took part in the Contest in 1957, just a year after the first competition. Patricia Bredin sang *All*, which, at one minute 52 seconds, was the shortest song in the contest, a record that stood until 2015 when Finland entered a ditty that was only one minute 25 seconds long. Patricia came seventh out of 10 entries, and, although not linked to the relatively disappointing result, we took the next year out, returning in 1959. Since then the UK hasn't missed a contest.

JUST A SECOND

THE UK started getting its act together in 1959. Pearl Carr and Teddy Johnson's *Sing, Little Birdie* was a classic British entry: up tempo, catchy, performed with gusto, and featuring a



gimmick in the shape of a finger-puppet bird. It should have won, but came second, a position the UK has found itself in a record 15 times.

JUST WHO'S PULLING THE STRING?

TRY as we might the UK just couldn't win the contest. After second places in 1960, 1961, 1964 and 1965, the BBC, who is responsible for selecting our entry, asked Sandie Shaw to represent the UK in 1967.

Although still a big star, Sandie's record sales were declining, so, despite some reservations about how the contest would affect her credibility, she agreed. *Puppet on a String*, performed by a barefoot Sandie, scored the UK its first victory.

Although she never liked the song, it became her third number one and a massive international hit.



Our first foray was a brief little number sung by Patricia Bredin - she came seventh. Above Sandie Shaw won

Bucks Fizz above, are, without doubt, the most successful UK act to come out of Eurovision and Katrina and the Waves, main image, were our last big success

Our Euro vision has never dimmed



CONGRATULATIONS?

FOLLOWING Sandie's win, the UK hosted the 1968 contest at London's Royal Albert Hall. Cliff Richard, left, was hot favourite to win for the home team with *Congratulations*, written by the same composers of *Puppet*, Phil Coulter and Bill Martin.

Apparently Cliff was so nervous during the voting that he locked himself in the loo! But when they were counted, it was Spain who triumphed by one point with *La, La, La*. There have been rumours since that Spanish dictator, Franco, somehow fixed the result.

Undeterred, Cliff gave the contest another go in 1973, coming third with *Power To All Our Friends*.

GOLDEN YEARS

THE UK won for the second time in 1969 when a fresh faced Lulu, sang another archetypal chirpy British

entry, *Boom Bang A Bang*. In the contest's only ever tie, Lulu did have to share the victory with three other countries.



Lulu

The next UK win came just seven years later in 1976 as *Brotherhood Of Man* swept the board with *Save Your Kisses For Me*, one of the contest's most well known hits.

IF AT FIRST YOU DON'T SUCCEED

EVER heard of Rita Crudgington? Thought not. It's the real name of Eurovision legend, Cheryl Baker, one quarter of Bucks Fizz, who secured the UK's fourth win in 1981 with *Making Your Mind Up*.

But it wasn't all plain sailing and skirt-ripping for Cheryl. She was part of *Co-Co*, the British entry from 1978, who, with *The Bad Old Days*, came 11th. It was the UK's worst result at the time.

Good job Cheryl didn't give up. In a career that included three number one hits, Bucks Fizz are, without

doubt, the most successful UK act to have used the contest as a launchpad to fame and fortune.



SECONDS OUT

THE 1980s saw the UK doing moderately well, gaining another couple of second places, notably in 1988 when Scott Fitzgerald, top left, was pipped at the post by a certain Celine Dion, singing for Switzerland.

In the early 1990s some more familiar names flew the British flag, including Samantha Janus, left, now better known as Samantha Womack of *EastEnders* fame. She took the UK to 10th place in 1991 with *A Message To Your Heart*.

Michael Ball and Sonia, left, also threw their hats in the ring in 1992 and 1993 respectively, but again came, you've guessed it, second.

BRIT POP

THE mid-late 90s saw the UK on top form. We pushed musical boundaries with *Love City Groove* and their self-titled rap song in 1995. The year after came one of the UK best ever entries and a number one to boot, Gina G's *Ooh Aah, Just A Little Bit*, which inexplicably only managed eighth.

But the crown was ours again in 1997 when 80s pop combo, Katrina and the Waves won big with the anthemic *Love Shine A Light*.

The 1998 contest was held in Birmingham, and the brilliant *Where Are You?* by Imaani gave us another runner's up medal.

ALL GOOD THINGS COME TO AN END

SUCCESS wasn't to last. In 2000, Nicki French sang *Don't Play That Song Again* and Europe took it literally as we came 16th. But hats off to Nicki - she loves the contest and her positive attitude has made her extremely popular with the fans.

Our annus horribilis was 2003 when duo *Jemini* sang off key, and scored the dreaded nul points with *Cry Baby*.

Scotch's *Flying The Flag* in 2007 was plain embarrassing, and, just when you thought it couldn't get any worse, former *X Factor* runner up Andy Abraham shared last place in 2008.

STILL ROCK BOTTOM?

SOME national pride was restored in 2009 when Andrew Lloyd Webber penned *It's My Time* for Jade (5th), and boyband *Blue* deserved better than 11th in 2011 with *I Can*.

Another last place came in 2010 with the Pete Waterman track *That Sounds Good To Me* (it obviously didn't), and Engelbert Humperdinck (2012) and Bonnie Tyler (2013) didn't do much better.

And, just when you thought it couldn't get any worse, along came *Electro Velvet's* cringefest, *Still In Love With You*, in 2015.

Our hopes this year rest on the shoulders of Lucie Jones with the solid ballad, *Never Give Up On You*.

FOOD & DRINK

The spice tailor

HOT
STUFF

INGREDIENTS

For the spice
blend:

¾ tsp cumin seeds
¼ tsp black peppercorns
1 ½ tsp brown mustard seeds
1tbsp coriander seeds, or
ground coriander

For the curry:

3 large tomatoes, quartered
15 large garlic cloves
½ tsp chilli powder
¾ tsp ground turmeric
4tbsp vegetable oil
2 dried chillies
¼ tsp fenugreek seeds
(available from good
supermarkets)
¼ tsp brown mustard seeds
Salt
600g firm white fish, cut into
steaks (Dad's favourite is
rohu, or sea bream)
3 Indian green finger chillies,
stalks removed, pierced with
a knife
2 handfuls of coriander
stalks and leaves, roughly
chopped
Rice to serve

METHOD

1. Grind together the
cumin, peppercorns,
mustard and coriander
seeds until fine.

2. Blend together the
tomatoes and garlic
until smooth, add the
spice blend, chilli
powder and turmeric
and blend once again.

3. Heat two-and-a-half
tablespoons of the oil in
a large non-stick karahi,
wok or saucepan. Add
the dried chillies and
the fenugreek and
mustard seeds. Once
the popping starts to die
down, add the blended
tomatoes and some salt.
Cook over a high-ish
flame, stirring often,
until the paste releases
oil, 10-12 minutes.

4. Move the paste to the
side of the pan, or
remove it entirely, and
add the remaining oil.
Add the fish and fry for
one to two minutes on
each side. Then add
enough water to cover
the fish (around 500ml),
the green chillies and
coriander and bring to
the boil. Cook for four
to five minutes or until
the fish is cooked
through. The sauce will
continue to thicken as it
sits, because the fish
absorbs the liquid. In
the end it should be
only a little creamy but
not thick.

5. Serve with rice.

DAD'S
FISH CURRY
(SERVES 4)

WHEN Anjum Anand
decided to give up a
steady career in
business to become a
full-time foodie, her
parents weren't so sure.

"They were horrified – they'd
paid for my education, and they
had encouraged me to make
more of my life than be in the
kitchen. They were supportive,
but they weren't enthused by it,"
the cookery writer recalls.

After a few years' graft in
professional kitchens, and the
publication of a debut cookbook,
Indian Every Day, when she was
25, Anjum won her mum and
dad over.

"They kept thinking, 'She'll
come to her senses'. But then
when my first book came out I
think then they realised,
'Actually, this is great,'" recalls
Anjum, now 45.

Anjum's career change
shouldn't have come as a big
surprise though; the signs were
there from early on that food was
her true passion.

One of three children, growing
up in London (her parents had
emigrated there from India) and
Switzerland, she was "the only
one who ever volunteered to go
to the kitchen".

There, Anjum developed her
love of Indian cuisine and learnt
the basics under her mother's
watchful eye.

"I loved cooking. I loved the
craft of it, I loved the chemistry
of it, how you take something
which doesn't taste good and
you add all these bits and you
cook it and it tastes amazing,"
she says.

"I've always found it quite
meditative, so I would go into the
kitchen and do whatever I
wanted to, with friends or
without friends."

After attending business
school and working in a small



**ANJUM ANAND GAVE UP HER
BUSINESS CAREER TO PURSUE
A PASSION FOR FOOD. THE
TV CHEF AND WRITER TELLS
JEANNE CRAIG HOW
HER GAMBLE PAID OFF**

company, Anjum realised it
didn't fulfil her – "I was only
happy when I was cooking".

Since Indian Every Day was
published in 2003, she's gone on
to land regular TV appearances,
hosting the BBC series Indian
Food Made Easy, and launch her
own food range, The Spice Tailor.

She's been compared to
'domestic goddess' and fellow
glossy-haired TV cook Nigella
Lawson, over the years – some-

thing she takes "with a pinch of
salt".

"I know there are some
similarities, because she was on
the cover of a magazine and my
daughter looked at it when she
was about two and said, 'Oh,
Mum!'" recalls Anjum with a
laugh.

"I think Nigella's so talented
and articulate and a great TV
presenter. I have no problem
being compared to her!"



Her eighth cookbook, I Love
India, was recently published;
Anjum describes it as her "most
personal" yet.

Inspired by her visits to India,
the beautifully presented book
has sections on street-side tiffin,
coastal curries and comfort food.

"I travel to India a fair amount,
and when I go, I try and taste
new regional food – foods I
haven't tasted before – or just get
inspired to make a typical Indian
dish but with British seasonal
ingredients."

At home in London, Anjum
gets her daughter and son
involved in the cooking process
too, and makes sure they
celebrate Indian traditions and
festivals.

As for her parents? "Looking
back on the last 15 years, they're
really proud," she says with a
smile. "And they're really happy
for me that I am doing some-
thing I enjoy."

Here are three tasty recipes
from I Love India to try at home...

■ I Love India by Anjum Anand,
photography by Martin Poole,
is published by Quadrille, priced
£20.

I DIDN'T think I'd be huddled up in
mittens and scarves at this time of
year, but it has been freezing in
my neck of the woods.

While I've been chilly, I've
been cooking cosy food
and toe-warming roasts.
Here's some reds for a
Sunday roast – or a couple
of whites if that's your
style.

**Casas del Bosque
Winemaker's Selection
Pinot Noir 2015**
(£9.99, rudewines.
co.uk, 14% abv).

My Better Half isn't a
huge fan of lamb (sad
face) which means
when he's working
away I can cook it
(happy face).

Home alone on a

RAISE
A GLASS

WITH JANE CLARE



Sunday, I roasted lamb and poured
this Chilean pinot noir.

The wine was aged for six
months in oak which adds a tickle
of spice to the aromas of fresh red
berries and then that spice dashes
across the flavours of cherries
and summer pudding adding a
subtle layer of complexity – but
not too much. It's a very
approachable and very moreish
red. And it was all for me.

Lamatum Crianza 2013
Ribera del Duero (£9.99 or
£8.99 in a buy six deal at
Majestic, 13.5% abv) is made

just over 100 miles away from the
more famous Spanish wine region
but you'll find it an entirely
different take on the tempranillo
grape.

They've been making
wine for 2,000 years in
Ribera del Duero and it's
fair to say they've got
quite good at it.

Deliciously jammy, with
dark cherry fruit and a
subtle oakiness, this is
an intensely flavour-
packed drop of red
that dances smoothly
round the palate like a
flamenco dancer on
roller skates.

**Tyrrell's Hunter
Valley Shiraz 2013**
(£18.99, Amazon,
13% abv).



Australian Hunter Valley shiraz is
up there with the best. The wine is
matured in French oak casks so
the fruit retains its freshness and
is only gently flecked with
spice. Well, when I say
gently, this is a bold and
vibrant red wine with
aromas of red berries
and in the mouth the
lush fruit flavours and
soft acidity were
perfect with my plate
of roast beef (and
double helping of
Yorkshire pud).

A couple of
whites...

I loved **Wente
Estate Grown
Morning Fog
Chardonnay 2015**
(RRP £15.49,



several independents including
winedirect.co.uk, 13.5% abv)

which is a Californian white,
fragrant with apple, lychee and
vanilla aromas, with the merest
dash of cinnamon and cardamom
playing with the creamy fruit
flavours.

A roast chicken? Yes indeedly.

Or how about **Muscat d'Alsace
2014 Collection Kuentz-Bas**
(£11.50, The Wine Society, 13%
abv) which I tasted alongside
chicken breast which I'd coated in
fresh tarragon and parsley.

The wine has aromas of green
apples, a brush with honeysuckle
and an early summer hedgerow
and in the mouth good acidity
freshened the palate elegantly.

■ Email jane@onefoot
inthegrapes.co.uk

INGREDIENTS

40g basmati rice
1 litre whole milk
4 tbsp sugar, or to taste
¼tsp ground cardamom
Good pinch of saffron threads
2 tbsp thick, set plain yogurt, not too sour
Chopped pistachios or almonds, to serve

METHOD

1. Soak the basmati for one hour in plentiful water, then drain and dry it completely on kitchen paper. Set aside.
2. Pour 900ml of the milk into a wide, heavy-based saucepan. Add the saffron. Place over a medium heat, then reduce the heat and gently simmer until it has reduced to 600ml. You will need to stir the milk often, scraping the base of the pan to make sure the milk doesn't catch and burn. If the heat is too high, the milk will rise up in the pan and spill, so keep an eye on it.
3. Meanwhile, set aside one teaspoon of the dried rice and, using a spice grinder, grind the rest to a coarse powder. Set aside.

4. When the milk has reduced, add the ground rice to the reserved 100ml milk and stir well. Pour this straight into the reduced hot milk with the reserved whole rice, stirring so it does not form a clump. Keep cooking and stirring for 10 minutes or so over a medium heat.

5. Add the sugar and cardamom and keep stirring until the mixture has thickened, another five to seven minutes. It will measure around 450-500ml.

6. Cool, then stir in the yogurt. Adjust the sweetness to taste, bearing in mind that as it cools the sweetness will be less pronounced.

7. Pour into individual bowls or a large serving dish, cover with cling film and chill overnight in the fridge. Serve sprinkled with the nuts.

SAFFRON SEASON

SAFFRON
YOGURT PHIRNI
(SERVES 4-5)

**INGREDIENTS**

165g fine or medium-grain semolina
35g chickpea (or gram) flour
1 tbsp milled flaxseed (available from good supermarkets)
120g plain yogurt
½ small red onion, finely chopped
2tsp finely grated root ginger (peeled weight)
70g frozen peas, defrosted
½-1 Indian green finger chilli, finely chopped
1 tsp salt, or to taste
½ tsp ground turmeric
200ml water
1 courgette
3½ tbsp vegetable oil, plus more for the skillet or tin
1½ tsp brown mustard seeds
1½tsp cumin seeds
Small fistful of curry leaves
2½tsp sesame seeds
1tbsp sunflower or pumpkin seeds
¼tsp bicarbonate of soda

INGREDIENTS

1. Mix together the semolina, chickpea flour, milled flaxseed, yogurt, onion, ginger, peas, chilli, salt, turmeric and most of the water. Rest for 30 minutes.
2. Preheat the oven to 200C/400F/gas mark 6. Oil a

**CURRY IN A CAKE**

SAVOURY COURGETTE, SEED AND CURRY LEAF CAKE (MAKES 8 GENEROUS WEDGES)

23cm springform baking tin and line the base with parchment paper.

3. Coarsely grate the courgette, squeeze out the excess liquid and add to the mix. Taste and season.

4. Heat the oil in a small frying pan and add the mustard seeds and cumin seeds. Once the mustards seeds are popping, add the curry leaves, sesame seeds and sunflower or pumpkin seeds and cover the pan, as these will puff up and jump. Once the sesame seeds are golden, take off the heat and add two-thirds of the

contents of the frying pan to the batter. Adjust the water if necessary until the batter has a thick pouring consistency. Stir in the bicarbonate of soda.

5. Pour the batter into the prepared baking tin, cover with foil and bake in the oven for 20 minutes. Remove the foil and continue to bake for 10 minutes, or until the batter is cooked through and a cocktail stick comes out dry. Take out of the oven. Brush and scatter over the remaining oil and seeds and place the cake on the upper oven shelf for a few minutes.
6. Cool a little before slicing and serve as it is, or with a tangy chutney.

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STYLE GUIDE

Get shirty...

THIS SEASON, BUTTON-DOWNS ARE ANYTHING BUT BORING. LISA HAYNES REVEALS THE NEW WAYS TO WORK YOUR COLLAR AND CUFFS

SAY goodbye to the traditional office blouse as we know it. If there's one womenswear staple that's undergone the biggest reinvention this season, it's the humble shirt.

Unexpected twists and details make the once Plain Jane button-down anything

but basic. Backwards, cropped, ruffled – you name it, shirting just had a major cool-over.

However, while shirt silhouettes may be dramatically different, the fabric and finishes remain familiar, with details like starchy structure and Oxford stripes still going strong.

It's unlikely you'll see your bank manager working a backwards shirt any time soon, but 2017's take on this wardrobe stalwart means there are now plenty of ways to be fashion-forward with a hint of formality.

Time to work a shirt, your way...

THE SLEEVE SHOW

Even casual denim shirts have been reimagined with exaggerated detail. Wave hello to the fluted sleeve. The roomy proportions are ideal for preventing that hot and sticky feeling in high summer.

■ **TRY:** Miss Selfridge fluted sleeve denim shirt, £32 (missselfridge.com)

**THE MISMATCH MODE**

Shirts were once a sign of order but now, well, they're anything but. Seek out contrasting pocket patches and uneven hemlines that look like you've buttoned your shirt up in the dark. It's the shabby chic of shirtland.

■ **TRY:** Topshop reconstructed stripe shirt by Boutique, £75 (topshop.com)

**THE FRILL SEEKER**

Frills and ruffles have made their mark all over shirts, whether on plackets, arms or hemlines. Make the biggest impact with exaggerated frills in unexpected places, like flouncing over one shoulder.

■ **TRY:** Self-Portrait one-shoulder striped cotton shirt, £240, Matches (matchesfashion.com)

**THE CUT-OUT CLUB**

A flash of skin can still be office appropriate with the new wave of cut-out shirts. There's something about exposed shoulders next to a strict, buttoned collar that just works – especially in crisp white.

■ **TRY:** Hobbs Emily shirt, £79 (hobbs.co.uk)

**THE LONG GAME**

Shirt dresses are nothing new but this season they resemble a Wolf Of Wall Street dress code, with contrast cuffs and bold stripes. The key difference? A bold tie around the waist to keep it feminine.

■ **TRY:** River Island stripe print cold shoulder shirt dress, £40 (riverisland.com)

**THE POSTCARD PRINT**

Ditch the Hawaiian shirt and channel poolside vibes with a postcard print shirt that looks like a scene from Palm Springs. Keep your shirt floaty and light in sun-bleached tones to match the mood.

■ **TRY:** Oliver Bonas vacation shirt, £55 (oliverbonas.com)

**THE ANTI-SHIRT**

TAKE away all the traditional elements of a shirt – shoulders, collar, cuffs – and what do you have?

Deconstructed cool. Look for a shirt that breaks all the rules but still retains one key element, like a button-down front.

■ **TRY:** Primark deconstructed check shirt, £10 (primark.co.uk)

* PRICES CORRECT AT TIME OF GOING TO PRINT. ALL OFFERS ARE WHILE STOCKS LAST

THE WRAP STAR

Has koumpounophobia (aka an extreme fear of buttons) got the better of you? Lose them altogether with this season's wrap shirts. Go neutral for daytime in a classic Oxford stripe that will go with anything and everything.

■ **TRY:** GANT Rugger windblown Oxford stripe wrap shirt, £85 (gant.co.uk)

THE ONE-SIDED SKEW

Forget your standard button-down and shift everything over to the left, or right. Asymmetric shirts are this season's quirky way to do prim-and-proper. Keep your collar loose to relax the look.

■ **TRY:** Finery Westbourne asymmetric placket shirt in mixed check, £59 (finerylondon.com)

**THE BACKWARDS APPROACH**

Shirting conventions have gone out of the window, and perhaps the biggest proof of this is the backwards shirt. It's not inside out, but it is back to front, with the button-through detail featuring at the back. Go for masculine oversized or a fitted blouse.

■ **TRY:** Oliver Bonas Rikona striped frill shirt, currently reduced to £30 from £49.50 (oliverbonas.com)



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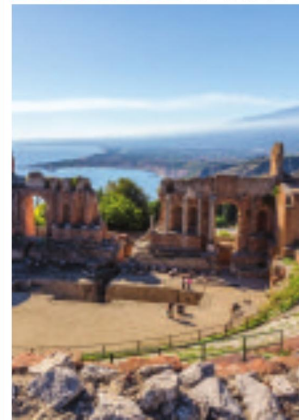
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- Escorted by a friendly tour manager

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PUZZLE TIME

Pathfinder

Beginning with the top highlighted letter, follow a continuous path of words associated with the given subject. The trail goes through each letter once, twisting up, down and sideways, but never diagonally.

Reese Witherspoon films

L	S	A	N	O	H	O	O	Y	O	W	M	O	A	L
E	A	E	T	H	C	W	D	O	L	E	R	N	S	I
G	A	L	V	I	Y	S	K	U	F	D	T	S	V	E
L	L	P	E	L	L	P	N	W	I	L	E	R	S	N
Y	B	L	D	A	E	N	O	W	E	H	T	A	W	S
N	O	O	N	F	A	O	C	I	L	I	K	L	S	W
V	I	E	L	E	R	A	C	E	R	E	N	O	P	E
A	T	C	C	E	F	F	M	A	P	E	L	H	T	E
N	Y	F	A	L	P	S	E	S	E	N	M	O	R	E
I	T	A	I	T	M	A	C	R	B	A	E	F	O	L
T	N	E	R	S	I	R	H	U	A	L	A	R	P	E
I	O	T	C	R	H	T	F	O	M	A	T	E	H	A
S	N	N	I	U	G	I	L	E	R	F	A	O	I	N
J	K	T	L	E	A	R	I	E	Y	R	W	N	T	T
A	C	H	E	B	E	T	W	W	A	E	N	D	I	S

Split Decision

Cross out one of the two letters in each divided square to reveal a completed crossword grid.

J	R	A	M	H	P	Y	S
F	O	A	O	T	X		
N	K	E	N	E	F	S	E
W	E	S	D	P	K		
M	R	A	C	T	H	Y	S

Sudoku

There is one simple rule in Sudoku. Each row and each column must contain the numbers 1 to 9, and so must each 3 x 3 box.

Easy

			2		1			4
		8		9	5	3		
	4		6				9	
5	1			7		2		6
	6				3		7	
4		2					3	1
	3				2		4	
	8	4	7	5		1		
			3		6		2	

Hard

				3	5	8		
	1		7			9		
6		7						
	2		8				5	
	3			6			8	
	4				2		6	
						4		8
		2				9		1
		1	3	8				

Two Speed Crossword

This two-speed crossword has two sets of clues, but just one grid. If you can't solve the Cryptic clue, try the Quick.

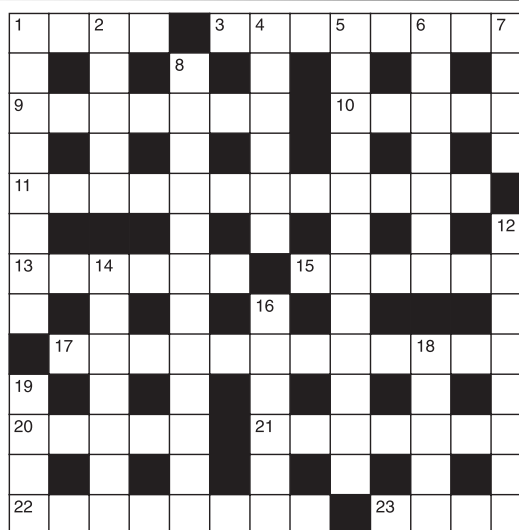
Cryptic

Across

- Pass around a quantity of fuel (4)
- Group of criminals have methods used for getting on board (8)
- Censure about the first impression (7)
- As far as the Greek letter-writer is concerned, this is the end (5)
- Use of the same initial is only repetition after all (12)
- This is not the full version - start again (6)
- What witnesses are required to do at the trial (6)
- Solid obstruction very quickly passed through (5,7)
- 20 & 22Ac. No seaman would describe this as port (5-4,4)
- Refer to part of the newspaper for leakage (7)
- See 20 Across
- Make an advance unaccompanied, by the sound of it (4)

Down

- Privateers produce rude songs, we hear (8)
- To cause dismay, father is upset by a friend (5)
- A business concern, one hears, to make a confident statement (6)
- Spirited relations (5,7)
- Mean to change a single flower (7)
- Speak about Western influence (4)
- Corrupts actions meant to be destroyed (12)
- One who operates about the end of August for fish (8)
- Doesn't sound as though this would suit the fast drinker! (4,3)
- In the present time the foundation is lowered (6)
- Afraid a house will show this state inside (5)
- Shrewd beginning for the student of antiquity (4)



Scribble pad

Quick

Across

- Fuel (4)
- Aisles (8)
- Rebuke (7)
- Greek letter (5)
- Repeated use of a sound (12)
- Go on with (6)
- Affirm (6)
- Imaginary boundary of speed (5,7)
- 20 & 22Ac. The starboard (5-4,4)
- Oozing (7)
- See 20 Across
- Lend (4)

Down

- Pirates (8)
- Horrid (5)
- Assert (6)
- Spooky tales (5,7)
- Woodland plant (7)
- Swing (4)
- Pollutes (12)
- Fish (8)
- Alcoholic drink (4,3)
- Humbled (6)
- US state (5)
- Curved structure (4)

Codeword

This puzzle has no clues. Instead, every number printed in the grid represents a letter, with the same number always representing the same letter. For example, if 8 turns out to be a V, you can write in V wherever a square contains 8. Using your knowledge of words, complete the puzzle.

	22		4			2			5	12	9	13	6
25	15	1	3	5	16	5			12			6	
	1		10			9			13	12	3	7	5
22	3	7	5	2	13	25	11	7				7	
	22				4				26		17		18
3	21	19	13	26	10	7			22	9	13	24	5
		5				3					13		
14	26	25	8	8		19	20	23	25	21	25	22	
26		9		13					13			16	
3					22	5	14	26	5	22	9	5	11
19	25	10	9		22			26			19		10
	22			3		3	I	N	7	26	6	18	5
22	24	26	6	6			7			7		5	

A B C D E F G H I J K L M N O P Q R S T U V W X Y Z

1	2	3	4	5	6	7	8	9	10	11	12	13
14	15	16	17	18	19	20	21	22	23	24	25	26

Wordsquare

Give yourself ten minutes to find as many words as possible using the letters in the grid. Each word must use the central letter and at least 3 others, and letters may be used only once. You cannot use plurals, foreign words or proper nouns, but verb forms ending in 's' are permitted. There is one 9-letter word to be found.

L	T	G
E	E	L
Y	E	N

How you rate:

6 words - average; 9 words - good; 12 words - very good; 15 or more - excellent.

Quiz

- Ben Shephard hosted which ITV assault course game show, based on the Japanese show Sasuke?
- Which British novelist wrote Treasure Island?
- The island of Corfu is part of which country?
- Who was president of the USA from 1945 to 1953?
- In which county is the resort of Southend-on-Sea?



Q1 - Ben Shephard

- What sort of creature is a shih-tzu?
- Which national cricket team was captained by Sir Don Bradman?
- Which organisation is represented by the initials UN?
- In which Texan city was John F. Kennedy assassinated?
- What sort of creature is a stickleback?

LAST WEEK'S SOLUTIONS

Pathfinder

Scarborough, Bournemouth, St. Ives, Poole, Great Yarmouth, Folkestone, Portobello, Cleethorpes, Rhyl, Whitstable, Newquay, Weston-super-Mare, Dawlish, Torquay, Skegness, Ilfracombe, Blackpool, Bognor Regis, Eastbourne, Padstow, Falmouth, Clovelly, Lowestoft, Felixstowe, Minehead.

Quiz

- The Space Between Us; 2. Roald Dahl; 3. Africa; 4. 1997; 5. Virginia; 6. Italy; 7. Sculpture; 8. Public Sector Borrowing Requirement; 9. Massachusetts; 10. Vitamin D.

Sudoku

2	7	1	3	8	9	6	4	5
9	8	5	4	1	6	2	3	7
3	4	6	5	7	2	9	8	1
4	6	8	7	3	5	1	2	9
1	9	3	6	2	4	5	7	8
7	5	2	1	9	8	4	6	3
5	2	9	8	6	7	3	1	4
6	3	7	9	4	1	8	5	2
8	1	4	2	5	3	7	9	6

Codeword

1	2	3	4	5	6	7	8	9	10	11	12	13
E	R	D	G	X	T	F	H	S	N	L	K	P
14	15	16	17	18	19	20	21	22	23	24	25	26
J	Y	Z	B	W	I	V	Q	A	U	M	O	C

Split Decision

T	I	G	H	T
A		R		I
S	P	E	N	D
K		E		E
S	I	N	K	S


THURSDAY, MAY 4, 2017

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Craig's Fab-u-lous London
luxury retreat

PAGES 30

GO WITH THE FLOW

Fabulous apartment with views of the
river now up for grabs **PAGE 30**



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DOWN BY THE RIVER

This recently refurbished first floor apartment is on with westerly riverside views enhanced by a wraparound balcony has recently come on the market.

It is located in a quality private development in a prime location, about a half mile stroll to both the station and 'village' centre for a full range of shopping, pubs and

picturesque cricket ground and tennis club.

Lawrence Moorings, Sawbridgeworth, Hertfordshire CM21 9PF in on the market for £345,000. For details contact Howick & Brooker, Old Harlow

Gothic House, 1 High Street, Harlow, CM17 0DN or call 01279 949074.



SHOP HOME



Taupe gingham check table cloth, £13-£19, Dunelm.com



Cockerel door stop, red gingham, £12.95, liveloughlove.co.uk



Gingham hearts taupe thermal pencil pleat curtains, £45 - £65, Dunelm.com



Linen egg cosy with gingham design, £10, rutmegandsage.co.uk

GINGHAM STYLE

It instantly makes any room feel cosier, and this classic pattern is a lot more versatile than you might initially think.
DAN BEAVAN checks out some of his favourite pieces



Gingham Beet print by Lola Bryant, without border, £10.49, Art.co.uk



Merino gingham baby blankets by LILY&KIRKBY £35, notonthehighstreet.com

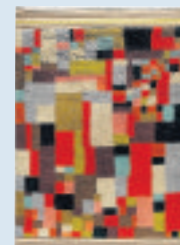


Above: Blue gingham cushion, Annabel James, £29.95, annabeljames.co.uk, and patchwork cow cushion, Pignut, £36.95, pignut.co.uk (available end of May)

Gingham bedset, £12 - £23.60, Marks&spencer

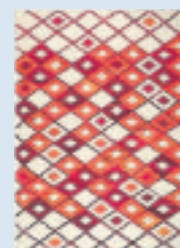


...STATEMENT RUGS



BLOCK PARTY

Hans large multi-coloured block patterned rug, 170x240cm, £600 habitat.co.uk



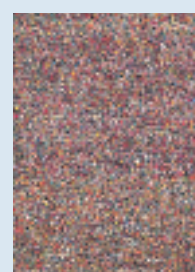
ORANGE CRUSH

Mandarina handwoven rug, Swoon Editions, £399 Swooneditions.com



MAT PAINT

Cuba splash rug, £65-£107, therugswarehouse.co.uk



COLOUR POP

John Lewis Boucherie Rug, £180-£350 Johnlewis.com



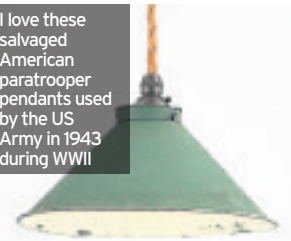
With Chris Read

HOME STYLE

Interior designer **CHRIS READ** shares her tips for creating a rustic feel in your home

This close up of a wood vase made from an old fence post shows exactly its origins

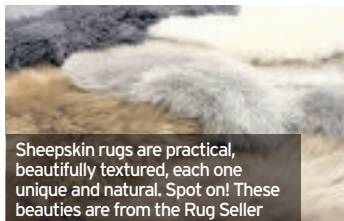
I love these salvaged American paratrooper pendants used by the US Army in 1943 during WWII



THE BEAUTY OF IMPERFECTION

Old stone lintels, exposed pipework and the original sink all have the elements of imperfection. I like the way the carved dove echoes this, but adds a level of art to the scene

Picture: Tony Timmington



Sheepskin rugs are practical, beautifully textured, each one unique and natural. Spot on! These beauties are from the Rug Seller



These vintage iron school hooks from Grace and Glory are both useful and have that handmade feel to them



This dish by Johannes Peters embodies the fun of imperfection. It shows itself well against rough stone walls and wood chopping boards



'Above us only sky' is a painting by Lewis Noble which lives in my kitchen

When asked how to describe my personal interiors style, I have to stop and think.

Not because I don't know what it is, but because I find it very difficult to describe. There is also a danger in an interior designer disclosing that information because people assume that's the style you would do for them. In reality, most designers want to find out what best suits their clients, and this is often one of the most interesting parts of the job.

I can enjoy and appreciate any style, as long as it is done well. Those designers that have a signature look must be truly bored! So, here I am putting myself in danger by describing my style in print....

If you looked round my house, you would say my style is rustic, and that is in part correct – but I live in the country and in a cottage, so it sort of makes sense to have a country style.

What I think is more important to me is the imperfection of rustic things: the rough edged tactile nature of

materials, the wonky shape that says 'hand made', the depth and complexity of aged, worn and patinated finishes. The bloom of hand and time. I like the human fallibility displayed by this, and the way these things catch my eye to bring little moments of joy to everyday life.

I looked round my house to find some good examples and found so many I would need a book, not an article.

One of my favourite things I own is the little pot shown here, by German ceramicist Johannes Peters. It is entirely unpretentious – small, unimposing, beige and a very simple shape.

I remember seeing it in an exhibition – in fact, almost missing it, but what snagged my attention was the little drip of glaze that runs down the terracotta base.

I hovered about buying it, not quite sure if I liked it, and, now having owned it for over a decade, I still love it – that graduated toasty brown of the unglazed base, the wonky line around the rim and the random dots and marks. Having soup or a salad in this bowl always pleases me.

This liking is not confined to useful items – I find that most of the art I



It needs a close eye for detail to see beauty in found objects – these have been shaped by water and wood burrowing animals, but could have been sculpted by an artist

have in my house has a level of connection, based on all those visual layers and complexities.

I can't often afford his work, but artist Lewis Noble is one of my favourites, and it is his layering of paint and seeing the landscape through his essentially human understanding that I love. You can look at this work for years and still find something new in it.

Such things most often have a natural element – harking back to what's outside the door. Despite being an

interior designer [and more likely to be curled up with a book as outside doing the gardening, if I'm honest], I get a huge amount of inspiration from the natural world. Imperfection in man-made things gives a hint at our evolution, grounds us in the world.

Many of the things I own could seem half-made – a vase made from an Australian fence post, complete with eyelet for barbed wire is a case in point [and very heavy it was in the suitcase on the way back]. Or I go the whole hog and use found objects – a feather, a sea shell, even a couple of animal skulls found on the moors [they were thoroughly clean, I do have my limits!]. The water worn remnants of wood shown here are, to me, a thing of total beauty. Utterly useless, but they make me smile.

It's been interesting for me to analyse where this love of imperfection and asymmetry came from. I think it was partly growing up in the 60s, when the cool new styles epitomised by the likes of Lucienne Day didn't quite translate to suburban Leeds, where everything seemed to be plastic, shiny, all surface and no interior.

Terence Conran became one of my heroes, and the early Habitat shops a

joy. I remember going to France for the first time in the early 80s and finding handmade plant pots – in Britain [or Leeds, anyway], you couldn't find a clay pot for love nor money. That inherent interest in something textured just grew.

There has been a resurgence of interest in craft, either making one's own, or investing in artist craft pieces, and it has been attributed to a foil to our busy, urban, quick quick lives. Which I am sure is true, but for many of us it never went away. It's only recently that I came across the Japanese way of life called 'Wabi sabi' which embodies many of the concepts I'm talking about, imperfection, authenticity, about accepting the natural cycle of growth, death and decay. I hadn't realised I was an adherent, but maybe I should just start my own movement!

And as someone growing up in the 60s and 70s, I just have to finish with a quote from Leonard Cohen: "There is a crack in everything, that's how the light gets in." Amen!

■ Chris Read runs Read Interiors Ltd and has been an interior designer for more than 15 years.

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YOUR HOME

Colour can be a bit scary if you're not confident about using it, but there are ways to get it right before getting out your paintbrush and roller

1 It's not advisable to use a paint colour you don't know without trying it first. Don't rely on printed colour cards, colours on computer screens, the colour on the tin, or the colour of the wet paint, as these can be misleading. Occasionally, colour cards are painted and these are, of course, more reliable than printed ones.

2 The only way to get a really accurate idea of what a particular colour will look like in a particular room, is to paint a little on the wall – preferably all the walls – and let it dry, but even this isn't foolproof, as a small patch can look different to a whole wall in the same colour.

Ideally, you need to live with a colour for at least a few days so you can see it in different lights and at different times of the day. A colour can look different in natural light and artificial light, and even in different types of artificial light.

3 There are lots of different shades of white, and most pure brilliant white emulsions are, in fact, off-white. Again, it's advisable to try a little first. If a paint is just called 'white', it's often cream.

A good choice for a really white white is Dulux Ultra Brilliant White matt emulsion (from £23.37 for 2.5ltr, B&Q). This is a bright, pure white and contains particles that reflect light around the room.

4 You may want to take account of the way a room faces when choosing paint colours. North-facing rooms can be a challenge because the light is cold and blue, so you should steer clear of colours with a grey or green base and consider yellows and creamy neutrals for a

lighter, cheerier feel. Sunny south-facing rooms are much easier, as most colours work, but the natural light can be very bright on a sunny day, so bear this in mind.

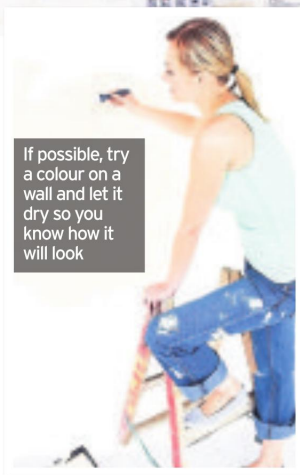
Rooms that face west are also easy to decorate – whites work particularly well, whereas east-facing rooms suit blues and greens best.

5 Other things can be a factor in your choice of wall colour, such as the colour of the flooring, furniture and accessories, if you predominantly use the room at a certain time of day, and whether you want to create a dark and moody, or light and airy feel, or something in between. If you're not really sure what you want, painted feature walls are a great way to enjoy a limited amount of colour in a room.

How to choose paint colour



If possible, try a colour on a wall and let it dry so you know how it will look



PRODUCT OF THE WEEK

MAKE a subtle style statement in a kitchen, bathroom or shower room with the Conran Linea Flow range of wall tiles (£30.94 per sq m, www.tilegiant.co.uk). These tiles are large (25cm x 50cm), so it's easy to tile a room quickly, come in lovely neutral colours (including white, grey and taupe) and have wavy lines across them that create a fantastic feature when you've tiled a wall, especially if the grout is the same colour as the tiles.

The range also includes floor tiles, plain tiles and other textured designs, including Conran Linea Point Decor wall tiles, which have an unusual finish like droplets of water. If you don't fancy wall-to-wall texture, choose mostly plain tiles, and textured ones for a feature wall or strip – where the shower is, for example.



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PROPERTY TALK

With Nigel Lewis



SPOOKY TV SETTING IS NOT YOUR REGULAR HAUNT

Actors Suranne Jones and Tom Ellis claimed truth was as scary as fiction while filming horror writer James Herbert's novel *The Secret of Crickley Hall*.

Former *Coronation Street* star Suranne and Miranda actor Tom heard the spooky tales while they filmed the BBC drama about a couple who move into a haunted house after they lose their son and become convinced that he is one of the ghostly presences in their home.

With its grey imposing exterior and winding staircases, gothic hideaway Bowden Hall was the perfect setting, but the actors feared it actually hosted a profusion of ghosts.

Cynics might say it was part of the show's promotional effort at the time.

But it's not been the property's



Suranne Jones in *The Secret of Crickley Hall*

only starring role. Fifteenth century Bowden Hall, in Chapel-en-le-Frith, Derbyshire, also had a key part in BBC drama *The Village*, where it was home for the ruling Allingham family. The 2012 series, starring John Simm, charted the life and turbulent times of a Derbyshire village.

The grade II listed detached hall - with a £1.2m price tag - is set in 7.4 acres with a private lake and self-contained two-bedroom apartment. It's got a photogenic grand reception hallway, along with five other bedrooms, game/garden room with wet room, family room, fitted dining kitchen, and three barrelled cellars.

■ Visit gascoigne-halman.co.uk, or call 01298 445035.



John Simm in *The Village*



Strictly bedroom

Craig Revel Horwood's London pad is a fitting retreat for TV judge

Who will fill Len Goodman's highly polished shoes now that the veteran *Strictly Come Dancing* judge Darcey Bussell has said it's unlikely. The fierce Aussie judge has been on the show's panel since it launched back in 2004 and enjoys the regular booing from studio audiences, while his "Fab-u-lous" scores are the most highly prized among contestants. Last year, press reports revealed how he had been forced to move into a hotel for five months after his Hampshire home was damaged in a flood and his London pad was occupied by two of the *Strictly* professional dancers. He told Hello! recently that Cameron Mackintosh lent him £40,000 in 1997 to

buy the house in Camden for £149,000 after he fell in love with the property. Craig paid the theatre producer back by renting out one of the rooms.

He has just accepted an offer on the grade-II listed two bedroom terraced house which had been on the market for £1.2m. It has a reception/dining room and large kitchen as well as a roof terrace and garden, where he's named a fountain after friend and former *Strictly* contestant Kelly Brook.

■ Visit hotblackdesiato.co.uk or call 0207 482 2894.

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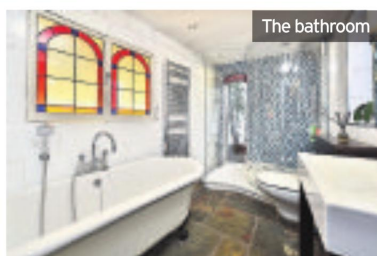


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The bathroom



The lounge



Craig's flamboyant style is in evidence

Craig Revel Horwood fell in love with the property

Stephen Fry recently opened up in a candid video about his battle with mental health, teaming up with The Duke and Duchess of Cambridge and Prince Harry for the Heads Together campaign.

The actor and broadcaster is currently on our screens in American sitcom *The Great Indoors* as an eccentric traveller and explorer, but a few years ago he played a character much closer to home - literally - while filming in the Norfolk market town of Swaffham when it was dressed up as fictional Market Shipborough in ITV's *Kingdom*.

For Fry, right, who starred as solicitor Peter Kingdom, it was extremely handy as he



BUY FRY'S OWN LITTLE KINGDOM

could stay in his second home in nearby West Bilney, a few miles down the road. He bought it with the proceeds of re-writing the script for the musical *Me and My Girl*.

The first series of *Kingdom* aired in 2007 but was dropped by ITV two years later as the channel slashed budgets.

Grade II listed Georgian Oakleigh House

was used as the offices of solicitors Kingdom and Kingdom in the cosy Sunday night show.

On the market for £700,000, it has nine bedrooms with three bathrooms along with reception room, sitting room, dining room and study.

There's also a detached single-storey brick and flint coach house with off-street parking.

■ Visit fineandcountry.com or call 01553 769100.

There's an outstanding bill for broken windows at the Hereford Arms pub after American serviceman smashed them during a baseball game.

During the war, the soldiers were regulars and played their national game in the nearby square.

Pilot and Major League Baseball star Elmer Gedeon was one of the servicemen who stayed in homes converted into temporary World War Two barracks in London's Hereford Square.

Some of these were destroyed in an air raid and a post-war apartment block was built on the site. Developer Unbranded London decided to restore the terrace to its former



Pictures: Matthew Davis

STEAL HOME ON EX BASEBALL SITE

glory. Now, it has unveiled three restored townhouses - with prices ranging from £8.56m - £9.25m, each with cinema room, outdoor patio and high spec tech.

The white stucco fronted properties have been rebuilt, complete with oak flooring, Italian Carrara marble and wool carpets. Original features and

ironmongery have been recreated. Numbers 24 and 25 Hereford Square have six bedrooms, seven bathrooms, guest WC, reception room, drawing room, and kitchen/dining room, while number 26 also has an extra games room, study and security vault.

■ Savills.co.uk, 0207 581 5234.

HOME BOASTS A ROYAL LINK

Nostalgic Tory MPs have been campaigning for a new £100m Royal Yacht *Britannia*, which was decommissioned by Tony Blair's Labour Government 20 years ago.

They recently got a boost from Foreign Secretary Boris Johnson when he told the House of Commons that a new yacht would attract "overwhelming support". However, with taxpayers having to pay an estimated £10m a year for running a new yacht, it's probably unlikely.

The former *Britannia* is now a



Manor Place and (inset) Britannia

popular tourist stop-off at the Port of Leith in Edinburgh after returning from its final mission of bringing the last governor of Hong Kong Chris Patten and the Prince of Wales home when the territory was handed back to China. It also famously took Charles and Diana on their honeymoon in 1981.

Britannia was designed by naval architect Sir Victor Shephard, director of Naval Construction to the Royal Navy, who lived at Manor Place, Manor Park, Chislehurst, from 1957 until his death in 1989.

This Victorian two/three bedroom split level conversion in the building has plenty of period features including high ceilings, ornate cornicing, original cast iron radiators, sash windows and both Georgian and Victorian wood flooring. It's also got a large back garden with parking space, and is on the market for £1m.

■ Visit langfordrussell.co.uk or call 0208 295 4900.

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YOUR GARDEN

With Diarmuid Gavin

The humble geranium is one of the most dependable summer garden plants. Just about all of us have grown up with them, most people know a little about growing them, and we can all enjoy their blossoms and broad, furry, sometimes scented, foliage.

The botanical name for the plant is pelargonium, which distinguishes them from their herbaceous perennial cousins which are called hardy geraniums. However, most of you will know and purchase them simply as geraniums.

They are a great little plant because they are so easy to propagate. Their near-indestructible qualities are due to many of the species originating in southern Africa.

So while they don't do frost, they'll cope with a lot of neglect and are particularly tolerant of heat and drought.

To explain the different types of geranium, the ones that are commonly used as bedding plants are known as zonal, so called because of the darker zone on their leaves.

Many of these have the bright pink, salmon and red flowers that we associate with this plant, evoking images of whitewashed Greek cottages with terracotta pots of colourful blooms.

If you want to plant trailing geraniums for display in hanging baskets, look for ivy-leaved varieties.

Scented geraniums are grown more for their fragrant leaves which, when crushed or brushed, release their fragrance.

This makes them great for the edges of pathways during summer, or on patios near seating areas.

Their essential oil is extracted and used in the perfume industry, and they are also used as culinary herbs.

The range of scents is astonishing. While lemon and lavender are most common, you can also find peach, pine, ginger, nutmeg, pineapple, coconut and even raspberry.

The key point to remember when caring for them is that they come from

A flower that has roots...

Geraniums are a staple of summer but there may be more varieties than you first thought



Geraniums come in many different shades and scents



Attar of Roses
Credit: www.crocus.co.uk



Mabel Grey
Credit: www.potashnursery.co.uk



Lord Bute
Credit: www.cramden nursery.co.uk



Apple Blossom Rosebud
Credit: www.jparkers.co.uk

semi-desert areas.

That means avoiding getting them too damp or cold.

A sunny, dry spot is best, though some will tolerate being placed in semi-shade.

Don't overwater, and feed them fortnightly during the summer.

Deadhead blooms to keep the display going for longer and bring them indoors at the end of summer or in autumn before the nights get frosty.

You can propagate geraniums in August or September by snipping off a stem.

Choose a fresh-looking, non-

flowering stem, about three to four inches long, and cut it just below a leaf.

You only need a few leaves at the top, so cut off any other foliage. Pop the cutting into a compost – multi-purpose with some added grit is best.

Moisten the soil and leave in a warm but shaded area to get it rooted – which won't take long.

Plug plants are available to buy now

so you can get them potted up and ready to go out in a blaze in June.

There are hundreds of cultivars available but here are a few to whet your appetite...

■ **Appleblossom Rosebud** has very pretty pink and white buds that burst out into impressive double flowers.

■ **Mabel Gray** is the most highly scented lemon variety with small pale pink flowers.

■ **Attar of Roses** has pale pink flowers with a delicious rose scent from the leaves.

■ **Balcon Red** is a red cascading geranium and one of the most popular – perfect for window boxes where it will tumble downwards with its scarlet blooms.

■ **Lord Bute** has dark velvety blooms and has been a favourite since Victorian times.



Get your shears out and give lawn edges a trim

YOUR JOBS FOR THIS WEEK

■ **THE** weather seems to be swinging from hot to cold so keep an eye out for forecasts of frost. Harden off plants raised from seed and cuttings – get them acclimatised by leaving them in a sheltered spot outside during the daytime. This way they'll be ready for their permanent home outdoors when the risk of frost has passed.

■ **YOU'LL** be able to add colour to your pots and borders with tender bedding

plants later this month – start hardening them off now in preparation. Sweet peas also need hardening off if you've been growing them indoors.

■ **ENCOURAGE** bushy growth on fuchsias by nipping out tips.

■ **CLIMBERS** are putting on a lot of growth so keep tying them in. If you tie the stems of climbing roses as horizontal as possible, this will encourage more flowers.

■ **CLIP** lawn edges with shears to keep them manicured and mow once a week now to keep in good condition and keep weeds at bay.

■ **ALSO** control weeds with regular hoeing and mulching.

■ **LIFT** and divide spring flowering bulbs after flowering, then replant. Allow foliage to die back naturally. There is no need to tie up daffodil foliage.



Keep an eye out for frosty forecasts

Balcon Red
Credit: www.
vanmeuwen.com



ASK DIARMUID

QI'VE had a mock orange plant in my garden for four years. It started off in a pot for the first year then I put it in the ground. My soil is clay and every year it looks lovely but never flowers.

Do you think there may be too many plants around it?

Joan Donnelly, by email

AYOUR shrub looks perfectly healthy from the photo, and not particularly crowded by its neighbours.



My guess is that it is just taking time to settle in. Even if you have no flowers this year, flower buds may

start to form in time. That's why it's important to never prune philadelphus or mock orange in spring, as you are cutting off all the flower buds from the previous year.

Similarly, pruning too late in the summer doesn't give new wood enough time to mature to form flower buds.

So try and leave it alone until it flowers and maybe help it along with some high potash fertiliser which will help with flower bud formation.

PLANT OF THE WEEK

ANGELICA ARCHANGELICA

THIS statuesque beauty is now unfurling its limbs and opening its dramatic flower heads.

Standing at around six feet tall, this plant needs space to show off. Wonderful umbels of greenish yellow flowers will attract hoverflies to its nectar.

It's a biennial so it will only show leaves in the first year, and blossom in the second.

However, it's monocarpic, meaning it dies after flowering so be sure to collect some seed.

To propagate, sowing fresh seed is best. It prefers a deep, fertile, moist soil in a bit of shade. Also known as wild celery, its stems are crystallised for use in cake decoration and its essence is used to flavour vermouth - delicious!




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...New To The Market This Week - Call To View...



NEW

MAYPOLE STREET, NEWHALL £485,000

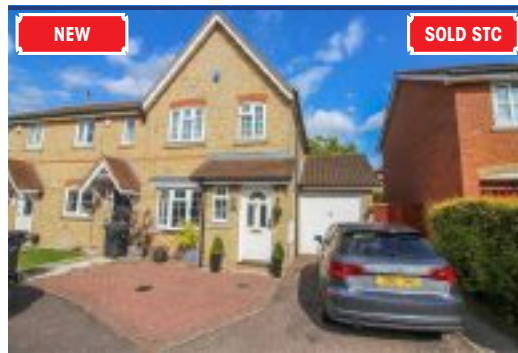
- Four Bedrooms
- Open Plan Living
- Immaculate Home
- Double Driveway
- Detached House
- En-Suite Shower
- Grd/Floor Study
- EPC Rating: B



NEW

THE DRIVE, HARLOW £359,995

- Four Bedrooms
- Lounge/Diner
- Modern Kitchen
- Garage En Bloc
- Semi Detached
- Cul-De-Sac Location
- Close To Town
- EPC Rating: D



NEW

SOLD STC

ABBEYDALE CLOSE, CHURCH LANGLEY £359,995

- Three Bedrooms
- Garage & Driveway
- Immaculate Home
- Quiet Cul-De-Sac
- End Terrace
- Popular Location
- Ground Floor WC
- EPC Rating: TBC



NEW

LADYSHOT, HARLOW £359,995

- Four Bedrooms
- Two/Three Receptions
- Driveway
- Backing Onto Woods
- End Of Terrace
- Well Presented
- Quiet Cul-De-Sac
- EPC Rating: TBC



NEW

FINCHMOOR, HARLOW £339,995

- Three Bedrooms
- Lounge/Diner
- Garage & Parking
- Popular Location
- Semi Detached
- Well Presented
- Gr/floor Shower Room
- EPC Rating: TBC



NEW

TAYLIFERS, HARLOW £279,995

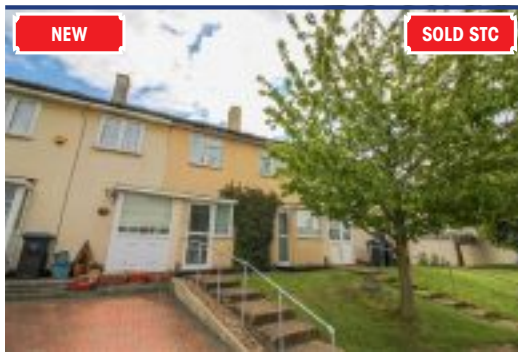
- Three Bedrooms
- Kitchen/Diner
- Cloakroom/WC
- Outskirts Of Harlow
- End Of Terrace
- Well presented
- Low Maintenance Garden
- EPC Rating: D



NEW

UPPER MEALINES, HARLOW £259,995

- Three Bedrooms
- Kitchen/Diner
- Cul-De-Sac Spot
- CHAIN FREE
- Terraced Home
- Close To Shops
- 40ft Rear Garden
- EPC Rating: E



NEW

SOLD STC

CANONS GATE, HARLOW £239,995

- Two Bedrooms
- Lounge/Diner
- Potential For Driveway (STP)
- Chain Free
- Middle Terraced
- Popular Location
- Southerly Garden
- EPC Rating: TBC



NEW

NORTHBROOKS, HARLOW £199,995

- Two Double Bedrooms
- Own Private Garden
- Well Presented
- Close To Town
- Ground Floor Maisonette
- Split Level
- Ideal First Purchase/Investment
- EPC Rating: D

t: 01279 216216

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...A Selection Of Our Homes From Our Portfolio...



DENBY GRANGE, CHURCH LANGLEY

- Four Bedrooms
- Two Receptions
- Cloakroom & Utility
- Double Garage
- Detached Home
- En-Suite Shower
- Pretty Gardens
- EPC Rating: TBC

£560,000



COPSE HILL, HARLOW

- Four Bedrooms
- Two Receptions
- Garden Room
- Garage & Driveway
- Semi Detached
- Extended Property
- Popular Location
- EPC Rating: D

£439,995



ALBERT GARDENS, CHURCH LANGLEY

- Three Bedrooms
- Lounge/Diner
- Modern Kitchen
- Driveway
- Detached House
- En-Suite Shower
- CHAIN FREE
- EPC Rating: D

£419,995



DOULTON CLOSE, HARLOW

- Three Bedrooms
- Garage & Parking
- West Facing Garden
- Quiet Cul-De-Sac
- Detached
- Kitchen/Diner
- Conservatory
- EPC Rating: TBC

£419,995



MALKIN DRIVE, CHURCH LANGLEY

- Four Bedrooms
- Kitchen/Diner
- Cul-De-Sac Spot
- Garage & Drive
- Linked Property
- En-Suite Shower
- Immaculate Home
- EPC Rating: C

£409,995



SIMPLICITY LANE, NEWHALL

- Three Bedrooms
- Open Plan Living
- Conservatory/Sun Room
- Parking for at least 3
- Semi Detached
- En-Suite Shower
- Southerly Garden
- EPC Rating: C

£399,995



MALKIN DRIVE, CHURCH LANGLEY

- Four Bedrooms
- Kitchen/Diner
- Stunning Home
- Garage & Drive
- End Of Terrace
- En-Suite Shower
- Landscaped Garden
- EPC Rating: C

£389,995



ELWOOD, CHURCH LANGLEY

- Three Bedrooms
- Kitchen/Diner
- Cul-De-Sac Spot
- Garage & Drive
- End Of Terrace
- Gr/Floor Cloakroom
- CHAIN FREE
- EPC Rating: C

£309,995



SYCAMORE FIELD, HARLOW

- Three Bedrooms
- Two Receptions
- Outskirts Of Town
- Cloakroom W.C
- Terraced House
- Immaculate Home
- Rear Extension
- EPC Rating: C

£294,995



WILLOWFIELD, HARLOW

- Three/Four Bedrooms
- Lounge/Diner
- Modern Kitchen
- Extended Property
- Terraced House
- Ground Floor WC
- Popular Location
- EPC Rating: C

£292,500



CHURCH END, HARLOW

- Three Bedrooms
- Lounge/Diner
- Cloakroom/WC
- Driveway
- Terraced House
- Outskirts Of Harlow
- Well Presented
- EPC Rating: C

£289,995



THE FORTUNES, HARLOW

- Three Bedrooms
- Lounge/Diner
- Conservatory
- Popular Location
- Middle Terrace
- Overlooking Green
- Chain Free
- EPC Rating: TBC

£274,995



THE GARDINERS, HARLOW

- Two Bedrooms
- Kitchen/Diner
- Cul-De-Sac Spot
- Own Parking
- Terraced Home
- Popular Location
- Private Rear Garden
- EPC Rating: C

£274,995



JOYNERS FIELD, HARLOW

- Three Bedrooms
- Two Receptions
- Modern Kitchen
- Well Presented
- Middle Terrace
- Popular Location
- Close To Shops
- EPC Rating: TBC

£269,995



ST ANDREWS MEADOW, HARLOW

- Two Bedrooms
- Lounge/Diner
- Cul-De-Sac Spot
- Allocated Parking
- Mid Terraced
- Close To Shops
- CHAIN FREE
- EPC Rating: D

£259,995



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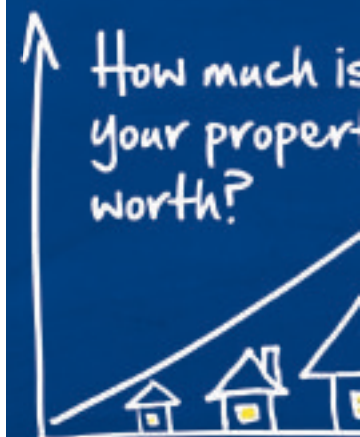
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INVESTORS WANTED



Davenport

£265,000

- Two Bedroom Mid Terraced House
- CHAIN FREE
- Investors Only
- Driveway / One Allocated Parking Space
- Garden With Rear Access
- E.P.C. Rating: C

CHAIN FREE



Challinor

£335,000

- A Three Bedroom Semi-detached House
- Single Storey Rear Extension
- Secluded Southerly Facing Rear Garden With Side Access
- First Floor Family Bathroom & Ground Floor W/C
- Garage En Bloc & Allocated Parking
- E.P.C. Rating : D

CHAIN FREE

SOLD



- Brickcroft Hoppit, Newhall**
- Two Bedroom Semi-Detached House
 - Situated On The Award Winning Newhall Development
 - Modern Fully Fitted Open Plan Kitchen
 - Private Driveway
 - Rear Garden With Side Access
 - E.P.C Rating: C

£290,000

MORE REQUIRED!

CHAIN FREE



- Aynsley Gardens**
- Two DOUBLE Bedroom End Of Terrace House
 - CHAIN FREE
 - Situated In A Quiet Residential Cul-de-sac
 - Lounge/Diner
 - Ideal For First Time Buyer or Investor
 - E.P.C Rating: D

£295,000

SOLD



- Burley Hill**
- A Three Bedroom Semi-Detached House
 - Situated In A Cul-De-Sac Location
 - CHAIN FREE
 - Allocated Parking
 - Conservatory To The Rear
 - E.P.C Rating: D

£320,000

MORE REQUIRED!

VIEWING ADVISED!



- The Chase**
- Three Bedroom Split Level Duplex Apartment
 - Split Level Accommodation
 - Open Plan Lounge / Diner
 - Modern Fitted Kitchen With Integrated Appliances
 - Car Port / Allocated Parking
 - E.P.C. Rating: C

£350,000

SOLD



- Doulton Close**
- Three Bedroom End Of Terrace House
 - En-suite To Master Bedroom
 - Garage With Power & Lighting
 - Driveway For Multiple Vehicles
 - Fitted Kitchen
 - Awaiting E.P.C Rating

£365,000

MORE REQUIRED!



- Heathcote**
- A Three Bedroom Detached Family Home
 - A Private Driveway For Multiple Vehicles
 - Conservatory To The Rear
 - En-Suite To The Master
 - Fitted Kitchen With Quartz Worktops
 - E.P.C Rating: D

£425,000

MORE REQUIRED!



- Duck Lane, Thornwood Epping**
- A Three Bedroom House
 - Beautiful Views Over Looking The Paddock
 - Separate Lounge & Dining Room
 - Conservatory To The Rear
 - Allocated Parking For One Car
 - E.P.C. Rating: E

£525,000

VIEWING ADVISED!



- Armourers Close, Bishops Stortford**
- An Immaculate Four / Five Bedroom House
 - CHAIN FREE
 - Two Reception Rooms
 - Garage With Power & Lighting
 - Driveway For Multiple Vehicles
 - E.P.C. Rating: D

£748,500

CHAIN FREE



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Little Cattins

£279,995

- Three Bedroom Mid Terraced House
- Open Plan Lounge/Diner
- Fitted Kitchen
- Downstairs W.C
- Low Maintenance Rear Garden
- Awaiting EPC Rating



Little Brays

£284,995

- Three Bedroom End Of Terrace House
- CHAIN FREE
- Within The Catchment Area Of Six Local Schools
- Within Proximity To Access M11
- Lounge/Diner
- EPC : Awaiting



Pennymead

£225,000

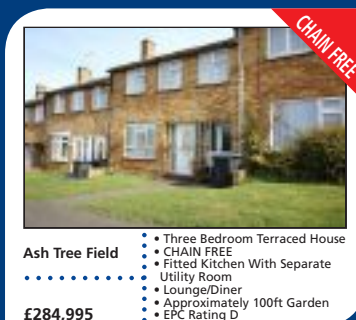
- Two Bedroom Split Level
- Maisonette
- Private Garden To The Front
- Two Double Bedrooms
- Fitted Kitchen
- Local Primary & Secondary Schools
- EPC Rating D



**Orchard
Apartments**

£275,000

- Two Bedroom Duplex Apartment
- Exclusive Gated Development
- Two Luxurious Bathrooms
- Fitted Kitchen With Integrated Appliances
- Allocated Parking & Communal Grounds
- EPC Rating B



Ash Tree Field

£284,995

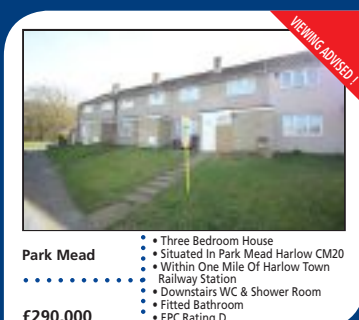
- Three Bedroom Terraced House
- CHAIN FREE
- Fitted Kitchen With Separate Utility Room
- Lounge/Diner
- Approximately 100ft Garden
- EPC Rating D



Tylney Croft

£289,995

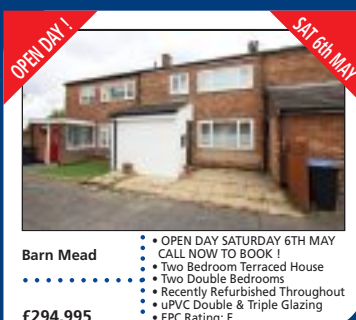
- Three Bedroom Terraced House
- CHAIN FREE
- Situated In A Popular Location
- Open Plan Kitchen/lounge
- Kitchen With Integrated Appliances
- EPC Rating C



Park Mead

£290,000

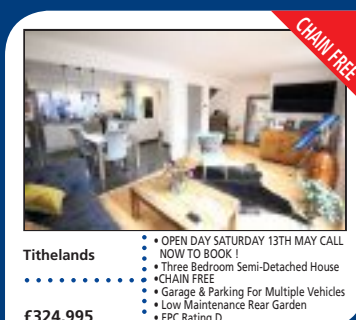
- Three Bedroom House
- Situated In Park Mead Harlow CM20
- Within One Mile Of Harlow Town Railway Station
- Downstairs WC & Shower Room
- Fitted Bathroom
- EPC Rating D



Barn Mead

£294,995

- OPEN DAY SATURDAY 6TH MAY
- CALL NOW TO BOOK!
- Two Bedroom Terraced House
- Two Double Bedrooms
- Recently Refurbished Throughout
- uPVC Double & Triple Glazing
- EPC Rating: E



Titlenslands

£324,995

- OPEN DAY SATURDAY 13TH MAY CALL NOW TO BOOK!
- Three Bedroom Semi-Detached House
- CHAIN FREE
- Garage & Parking For Multiple Vehicles
- Low Maintenance Rear Garden
- EPC Rating D



Tanyard Place

£435,000

- ThreeFour Bedroom Town House
- One Mile Of Harlow Train Station & The Town Center
- Garage & Driveway For Multiple Vehicles
- Jack & Jill Style Bathroom
- Open Planned Kitchen/Diner With Integrated Appliances
- EPC Rating B



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Moorfield

- 3 Bedroom House
- Modern interior
- EPC rating - D
- Fees apply - Please see in branch

£1,175



Pegrams Road

- 3 Bedroom Apartment
- Large double bedrooms
- EPC Rating - C
- Fees apply - See in branch for details

£1,000



Pilkingtons

- 2 Bedroom House
- Newly fitted kitchen with white goods
- EPC Rating - C
- Fees apply - Please see in branch

£1,100



Challinor

- 2 Bedroom House
- Recently refurbished
- EPC rating - C
- Fee's apply - Please see in branch

£1100

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- Fees Apply - Please see in branch

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Mayflower Gardens

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- LET PRIOR TO VIEWINGS
- EPC RATING - D

£2000



Parsonage Leys

- 1 BEDROOM FLAT
- ANOTHER REQUIRED
- LET PRIOR TO VIEWINGS
- EPC RATING C

£775



Challinor

- 4 BEDROOM HOUSE
- ANOTHER REQUIRED
- LET STRAIGHT AWAY
- EPC RATING C

£1700



Heathcote Gardens

- 2 BEDROOM FLAT
- ANOTHER REQUIRED
- LET ON 1ST OPEN DAY
- EPC RATING C

£1100

Fees - Please see in branch for details.

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- TWO EN-SUITES
- GAS HEATING
- UPVC D/GLAZED WINDOW
- PARKING FOR 4 CARS
- INTERNAL PHOTOS ONLINE



HOLLYFIELD, HARLOW **£279,995**

- THREE BED TERRACE
- OPEN PLAN KITCHEN & DINER
- CLOAKROOM
- CLOSE TO AMENITIES
- GAS HEATING
- UPVC D/GLAZED WINDOWS
- NO ONWARD CHAIN
- INTERNAL PHOTOS ONLINE



MALKIN DRIVE, CHURCH LANGLEY **£415,000**

- FOUR BED LINKED DETACHED
- DRIVEWAY & GARAGE
- EN-SUITE SHOWER ROOM
- CLOAKROOM
- GAS HEATING
- UPVC D/GLAZED WINDOWS
- POPULAR LOCATION
- INTERNAL PHOTOS ONLINE



CHAPEL FIELDS, HARLOW **£270,000**

- TWO BED SEMI-DETACHED
- CONSERVATORY
- WEST FACING GARDEN
- CUL-DE-SAC LOCATION
- GAS HEATING
- UPVC D/GLAZED WINDOWS
- NEW KITCHEN
- INTERNAL PHOTOS ONLINE



LONG LEY, HARLOW **£310,000**

- FOUR BED END TERRACE
- GROUND FLOOR EXTENSION
- OPEN PLAN KITCHEN & DINER
- DRIVEWAY
- GAS HEATING
- UPVC D/GLAZED WINDOWS
- BEDROOM ON GROUND FLOOR
- INTERNAL PHOTOS ONLINE



THE DOWNS, HARLOW **£259,950**

- TWO BED TERRACED HOUSE
- DOUBLE ROOMS
- CONSERVATORY
- CUL-DE-SAC LOCATION
- GAS HEATING
- UPVC G/GLAZED WINDOWS
- VIEWING RECOMMENDED
- OPEN DAY SAT 13TH MAY



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£182,000 SAWBRIDGEWORTH (West Court). One bedroom first floor centrally located apartment with a large living/dining room, modern kitchen, luxury wet room, double bedroom, allocated parking. Vacant possession and no onward chain. Sole agents.



£249,950 SAWBRIDGEWORTH (Lawrence Moorings). 2 bedroom ground floor apartment which is extremely well-presented throughout offering a living/dining room with double opening doors onto patio, kitchen, luxury bathroom, 2 good size bedrooms, communal gardens with river views and allocated parking. Walking distance of train station. Must be viewed. Sole agents.



£299,950 STEBBING (Bran End Fields). Well-presented 3 bedroom mid-terrace double fronted house with a good size lounge, large kitchen/dining room, utility, 60ft² garden, off-street parking, gas heating and double glazed windows. Thriving village with a school, shop and public house. Superb views. Sole agents.



£319,950 SHEERING (Primley Lane). 3 bedroom semi-detached home in need of some modernisation with scope for further improvement. Sitting room, kitchen, 3 bedrooms, family bathroom, large rear and front gardens. Immediate vacant possession and no onward chain.



£334,950 SAWBRIDGEWORTH (Cherry Gardens). 3 bedroom semi-detached family home within walking distance of the town centre and sought after schools. Good size living room, kitchen, utility room, downstairs w.c., 3 bedrooms, family bathroom, south facing rear garden. In need of some renovation. Sole agents.



£499,950 SAWBRIDGEWORTH (Sun Street). 4 bedroom, 2 bathroom link detached family home located in the popular cul-de-sac of Sun Street. Walking distance of train station and village centre. Large kitchen/dining room, sitting room, downstairs w.c., sunny west facing rear garden, driveway and garage. Sole agents.



£375,000 OLD HARLOW (St Edmunds Way). 3 bedroom semi-detached house on an exceptionally large corner plot with a south facing garden. In need of some updating plus room to extend (stp). Close to all amenities and 10 mins walk to the station. Lots of potential and useful outbuilding. No onward chain. Sole Agents.



£525,000 (AYTHORPE RODING). Deceptively spacious 4 double bedroom detached bungalow in a good size plot. Fantastic views over farmland in a tucked away country lane location. Lots of potential. Double garage and an "in and out" driveway. Vacant possession offered. Sole agents.



GUIDE PRICE £399,950 SAWBRIDGEWORTH (Bell Mead). 3 bedroom, 3 storey town house in need of modernisation/renovation. Scope for further improvement. Benefiting from a good size westerly facing rear garden, driveway and parking plus integral single garage. Vacant possession and no onward chain. Sole agents.



£489,950 SAWBRIDGEWORTH (East Drive). Deceptively spacious detached bungalow with huge potential in a village centre location. Good size 50ft x 50ft south facing rear garden and garage, parking. No onward chain. Sole agents.



£539,950 LITTLE HALLINGBURY (Hallingbury Close). Rarely available 4 bedroom detached home with an "in and out" driveway and parking for 4-5 cars. 3 reception rooms, kitchen plus utility room, ground floor shower room, modern bathroom, sunny south facing garden. Sole agents.



GUIDE PRICE £649,950 SAWBRIDGEWORTH (Vantorts Road). Highly desirable village centre position with just a short walk to schools and mainline station. Prestigious and rarely available road. 4 double bedrooms, detached garage, workshop, heated swimming pool and lots of parking. No onward chain. Sole agents.



£750,000 SAWBRIDGEWORTH. 4-5 bedroom detached family home with a garage and parking for 4 cars. Village centre location and just a short walk to station and facilities. Beautifully laid out accommodation with a large living room, study, playroom, utility, downstairs w.c., kitchen/breakfast room, 2 en-suite bedrooms, large family bathroom. Sole agents.



£520,000 HATFIELD BROAD OAK (Cage End Close). 5 bedroom semi-detached family house with a 110ft² garden. Spacious living/dining room, 2nd reception room, modern kitchen, luxury bathroom, further luxury shower room, off-street parking. Walking distance of thriving village centre with its excellent amenities including a good school and a great community. 10 mins to various train stations to London. Sole agents.



£829,950 SAWBRIDGEWORTH (Knight Street). Village centre position. 4 bedroom detached house with an "in and out" driveway and parking for 4-5 cars. 3 reception rooms, kitchen plus utility room, ground floor shower room, modern bathroom, sunny south facing garden. Sole agents.



PRICE GUIDE £1,100,000 BISHOPS STORTFORD (Grange Road). Imposing Edwardian detached house with 4 double bedrooms, 3 reception rooms, recently fitted kitchen, utility and a south facing 120ft² garden. Many period features including high ceilings and fireplaces etc. 5 mins walk to train station and close to excellent schools and town centre.



£1,150,000 OLD HARLOW (Park Hill). Iconic 6 bedroom detached Victorian house with a spacious entrance, large sitting room, dining room, music room, bespoke kitchen, fantastic cellar, separate bathroom and shower room, garden office and a part walled garden. Walking distance of mainline train station. Sole agents.



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£995pcm HIGH RODING (The Street). Two bed period cottage in the sought after location of High Roding. The property has a wealth of charm and character with exposed brickwork and timbers. Comprising downstairs bathroom with separate shower, dining room, fitted kitchen and living room with study area. To the 1st floor there are two bedrooms and to there is a 50'0 garden to the rear, single garage and off street parking. Unfurnished & available early June



£850pcm BISHOPS STORTFORD (Grove Place). A well presented 2 bedroom mid terrace Victorian cottage. Comprising living room and fitted kitchen, good size bedroom plus further single room/study and bathroom to first floor. Courtyard rear garden, large front garden, outbuilding, short walk to town centre and BR train station, available June.



£895pcm SAWBRIDGEWORTH (Lawrence Moorings). Well presented, two bedroom, ground floor apartment in this sought after development just a short walk from amenities including mainline station. The property enjoys a fitted kitchen with appliances, bright lounge, bathroom and two good size bedrooms. Allocated parking. Available June.



£995pcm SAWBRIDGEWORTH (Station Road). An opportunity to acquire this first floor unfurnished maisonette in the centre of the town and only a short walk from facilities and mainline station. The property is unfurnished and offers two double bedrooms, modern bathroom and open plan living/dining/kitchen area. There is gas fired central heating, allocated parking and is available end of May



£995pcm OLD HARLOW (Brummell Place). Extremely well maintained unfurnished 2 bedroom, 2 bathroom, ground floor apartment, only a short walk from mainline station and local facilities. Two bedrooms with en-suite to master, separate shower room and open plan kitchen/living/dining area. Allocated parking plus visitor's parking. Available now.



£995pcm HIGH WYCH (High Wych Lane). Two bedroom semi detached period cottage in sought after village location. This unfurnished property enjoys period features including exposed brickwork, beams and timbers. Good size kitchen/dining area, lounge, 2 bedrooms and family bathroom. Driveway parking for one car and enclosed garden. Available now

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All properties in
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& Bishops
Stortford due to
high demand.



£1125pcm GREAT DUNMOW (Normansfield). 3 bedroom semi-detached family home in the popular and quiet location of Normansfield, just a short walk from the town centre and with access to the A120. Comprising kitchen/breakfast room, sitting room, 3 bedrooms and family bathroom. Allocated parking and courtyard garden. Unfurnished, available now



£1245pcm BISHOPS STORTFORD (Northolt Avenue). 3 bedroom mid-terrace family home in a popular location only a short drive to the town centre and station. Entrance hall, sitting room, dining room opening onto kitchen, storage cupboard to rear and downstairs wc. First floor comprises 3 bedrooms and newly fitted bathroom. Garden and allocated parking. Available now.



£1895pcm BISHOPS STORTFORD (Wilson Close). 4 bedroom detached family home in the centre of Bishops Stortford, only a short walk to the town centre and mainline train station. Entrance hall, downstairs wc, living room, separate dining room and modern kitchen. 4 bedrooms with en-suite to master and shower room. Garden, garage and off road parking to front.



£1250pcm SAWBRIDGEWORTH (Lawrence Moorings). A 3 bed split level duplex apartment in idyllic surrounding with fantastic views over River Stort. Unfurnished with a large lounge with windows on three aspects and French doors to patio area, separate kitchen, family bathroom with shower cubicle and 3 good size bedrooms. Allocated parking. Available Mid June



£1750pcm BISHOPS STORTFORD (Broadleaf Avenue). 4 bed detached, unfurnished, fully renovated family home. Entrance hall, downstairs wc, fitted kitchen, utility room, large living/dining room, 4 bedrooms, en-suite shower room and family bathroom, large rear garden, detached double garage and off road parking for 5-6 cars. Available Early May



£2350pcm LITTLE HALLINGBURY (Little Hallingbury Park). Stunning 4/5 Bedroom, detached, thatched cottage located in the picturesque Little Hallingbury Park. Providing spacious and versatile accommodation the property benefits from a wealth of period features throughout. Mature gardens to the front and rear, as well as a beautiful tree lined approach.





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BURY ROAD LET MORE REQUIRED

- Three Bedroom Cottage
- Old Harlow
- Unfurnished
- White Goods Only



BRUMMEL PLACE LET MORE REQUIRED

- Old Harlow Location
- Close To Shops
- EPC Rating C



MOORFIELD LET MORE REQUIRED

- Three Bedroom House
- Large Property
- D/S Cloakroom
- EPC Rating To Follow



MORLEY GROVE LET MORE REQUIRED

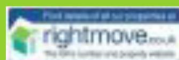
- Two Bed Flat
- Kitchen Appliances
- Close To Town/Hosp
- Ground Floor

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NEW INSTRUCTION



Corner Meadow **£619,995**

- Executive Ex Show Home
- One of the largest plots
- Detached Four bedrooms
- Scope to Extend
- Double Detached Garage
- Too much too Mention

VIEWINGS RECOMENDED



Fenton Grange **£495,000**

- Detached Family Home
- Four Double Bedrooms
- En-Suite Shower Room to Master
- Downstair Cloakroom
- Integral Garage
- Sunny Aspect Rear Garden

NEW INSTRUCTION



Challinor **£410,000**

- Beautiful Detached Family Home
- Three Double Bedrooms
- Gorgeous Fitted Kitchen & Family Room
- Downstair Cloakroom
- Detached Garage & Parking
- No Upwards Chain

OLD HARLOW



Manor Road **£339,000**

- Delightful Semi Detached Family Home
- Three Double Bedrooms
- Living Room - Kitchen Breakfast Room
- Potential to add single storey extension STPC
- Potential to add Loft conversion STPC
- No Upwards Chain

NEW INSTRUCTION



Church Leys **£299,995**

- Spacious Family Home
- Three Double Bedrooms
- Dual Aspect open plan Living room
- Huge Kitchen & Dining Room
- Thoughtfully designed Sunny aspect rear garden
- Workshop & Storage Sheds

NO UPWARDS CHAIN



Shawbridge **£275,000**

- Large & Spacious Family Home
- Three Double Bedrooms
- Large Fitted Kitchen
- Good sized Living Room
- Huge Rear Garden
- No Upward Chain

VIEWINGS RECOMENDED



Jerounds **£260,000**

- End of Terrace on a Corner Plot
- Two Double Bedrooms
- Dual Aspect Living Room
- Very Large Conservatory
- Sunny Aspect Rear Garden & Large Side Garden
- No Upwards Chain

NEW INSTRUCTION



Wedhey **£170,000**

- Two Double Bedrooms
- Top floor Apartment
- Amazing Views
- Excellent First Time Buy
- Excellent Investment Property
- No Upward Chain

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THE DOWNS, HARLOW, £280,000

- Three Bedroom House ● Close to Town Centre, Harlow College & Leisure Zone ● Offered Chain Free ● Recently Refurbished Throughout ● Rear Garden ● Modern Fitted Kitchen ● EPC Band C



SEYMOURS, HARLOW, £300,000

- Three Bedroom House ● Garage and Driveway ● Downstairs Cloakroom ● Gas Central Heating ● New Bathroom Suite ● Modern Fitted Kitchen ● EPC Band TBC



SCHOOL LANE, HARLOW, £429,995

- Four Bedroom House ● Semi Detached ● Close to Town Centre & Town Park ● New Fitted Kitchen ● Double Bedrooms, Two with En-suite ● Garage ● EPC Band D



MILLERSDALE, HARLOW, £450,000

- Four Bedroom Detached House ● Immaculate Presentation Throughout ● Modern Kitchen ● Garage and Drive ● Approx 100" Garden ● Potential to Extend



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Paul Horner



Tracy Allen



Billy Smith

SOLD



MALLOWS GREEN, HARLOW, £155,000

● One Bed Flat ● Ground Floor ● Gas Central Heating ● Chain Free ● EPC Band C

SOLD



MILL COURT, HARLOW, £169,500

● Two Bedroom Apartment ● Ideal for Station ● Private Parking ● EPC Band E

SOLD



SHAWBRIDGE, HARLOW, £185,000

● Two Bedroom Apartment ● First Floor ● Fitted Kitchen ● Chain Free ● Close to Local Shops & Schools ● Gas Central Heating ● EPC Band C

SOLD



DADSWOOD, HARLOW, £190,000

● Two Bedroom Flat ● Close to Town Centre ● EPC Band C ● INVESTORS ONLY

SOLD



MILESTONE ROAD, NEWHALL, £190,000

● One Bedroom Apartment ● Gas Central Heating ● Allocated Parking ● EPC Band C

SOLD



BARLEY CROFT, HARLOW, £190,000

● Two DOUBLE Bedrooms ● Chain Free ● Two Reception Rooms ● EPC Band E

SOLD



MILESTONE ROAD, NEWHALL, £215,000

● Two Bedroom Apartment ● Ground Floor ● Fitted Kitchen with Appliances ● Allocated Parking ● Secure Entry System ● Open Plan Layout ● EPC Band TBC

SOLD



COALPORT CLOSE, HARLOW, £250,000

● Two Bedroom House ● Fitted Kitchen ● Parking ● Chain Free ● EPC Band C

SOLD



MARKWELL WOOD, HARLOW, £265,000

● Two Bedroom House ● Private Area ● Chain Free ● EPC Band C

SOLD



RAMBLERS LANE, NEWHALL, £294,995

● Two Bedroom House ● Semi Detached ● Chain Free ● EPC Band C

SOLD



WESTBURY RISE, HARLOW, £325,000

● Three Bedroom House ● Conservatory ● Chain Free ● EPC Band D

SOLD



FIR PARK, HARLOW, £450,000

● Four Bedroom House ● Double Garage ● Conservatory ● EPC Band D



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Must-see

DUCKETTS MEAD, ROYDON

OFFERS OVER £599,999

Guardian are delighted to offer this four/five bedroom fully-detached house in the highly sought after location of Roydon. The property benefits from four good sized bedrooms, driveway with single garage, two en-suites, DSWC and a downstairs bedroom with separate bathroom to sun lounge area. The downstairs bedroom has the potential to become a separate self-contained unit currently with access from the main house.



New Listing

HORNBEAMS

£149,999

Guardian are delighted to offer this top floor one bedroom flat in Hornbeams. The property is only a short walk away from Harlow Town Train Station and the local Town Centre. The flat benefits from having a good sized double bedroom, family bathroom and open plan lounge to kitchen area.



Ideal Investment

CONYERS

£155,000

Guardian are delighted to offer for sale this ideally located ground floor flat within walking distance of Harlow Town Train Station, Princess Alexandra Hospital and the town center. The property was completely refurbished in 2010. The property runs on electric heating and is also heated under-floor.



First Time Buyers

SHAWBRIDGE, HARLOW

£177,500

Guardian are delighted to offer this top floor two bedroom flat in Shawbridge. The property benefits from two good sized bedrooms, living room area and a good sized bathroom.



Sought After

FULLERS MEAD, POTTER STREET

£179,999
Guardian are delighted to offer this two bedroom ground floor flat in the popular road of Fullers Mead, just off Potter Street. AN EXCELLENT BUY TO LET OPPORTUNITY or First time purchase.



Investors

DADSWOOD, HARLOW

£182,500

Guardian are delighted to offer this two bedroom ground floor flat in Dadswood close to the town centre. The property has been kept in good condition and has a long standing tenant who would like to stay at the property. The current rent is £835pcm with a potential rent of £875pcm.



Immediate

DAVENPORT, CHURCH LANGLEY

OFFERS OVER £279,999

Guardian are delighted to offer this immaculate two bedroom mid-terraced property in the highly sought after location of Church Langley. The property consists of two good sized bedrooms, modern fitted kitchen, separate dining room to kitchen area and walk-in wardrobe.



Ready Available

PEACOCKS, HARLOW

£290,000

Guardian are delighted to offer this two/three bedroom end of terrace family house in Peacocks Katherine's a popular private area, properties here are rarely available. The property benefits from two good sized bedrooms a fitted kitchen/large lounge diner/rear garden and garage en-bloc.



Parking

HALLING HILL, HARLOW

OFFERS OVER £299,995

Guardian are delighted to offer this immaculate three bedroom mid-terraced home in Halling Hill. The property consists of three good sized bedrooms, off-street parking for two cars via driveway, low maintenance rear garden and a separate toilet to bathroom area.



Featured Property

BYNGHAMS, HARLOW

OFFERS OVER £399,999

Guardian are delighted to offer this immaculately presented four bedroom linked-detached house in the highly sought after area of Byngams. The property has had a loft conversion with good head height ceilings, skylight and a dormer which has added another bedroom to the property.



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THE FORTUNES

£985 PCM

A rare opportunity to rent an immaculately presented, modern two bedroom new build, end of terrace house. This property comprises of a modern fitted bathroom with an electric shower, modern fitted integrated kitchen, large rear garden, gas central heating and double glazed windows. Part furnished with oven/hob and a fridge/freezer. Modern downstairs W/C - Available early August.



BROMLEY CLOSE £900 PCM

An exciting opportunity has arisen to rent a well maintained two bedroom flat in the popular area of Bromley Close, just off Edinburgh Way, close to amenities and short distance from Harlow Mill train station. This property comes part furnished with white goods. Available Mid July.



ORCHARD CROFT £975 PCM

Guardian are pleased to offer this two bed room end of terrace property in the Stow area. This property comes with two double bedrooms, front and rear gardens along and gas heating. A short walk away from the stow and town center. Available Late May.



GLADWIN WAY £1050 PCM

Guardian are delighted to offer 2 double bedroom 1st floor apartment in the fifth avenue development. The property is located close to the shops and amenities of Harlow town centre. The property is available late June.



BERECROFT £1075 PCM

A keenly priced three bedroom terraced property, this property comes part furnished with white goods including an oven/hob, fridge/freezer and a washing machine. The property also comprises from a garden to the rear and gas heating. Available early July.



BROCKLES MEAD £1150 PCM

Good size three bedroom mid terrace house with garage in the Staple Tye area of Harlow. An ideal family home which is available mid May 2017. Offered partly furnished with kitchen appliances, dining table and chairs, one double bed and wardrobes.



COALPORT CLOSE £1200 PCM

Guardian are delighted to offer this end of terrace three bedroom house. This property comprises with a downstairs W/C, gas heating, allocated parking and a garden with a shed. Available early June.



RAM GORSE £1250 PCM

New to the market. A 3 bedroom terraced house located within close proximity to princess Alexandra hospital and the shops and amenities of Harlow town center. The property is available mid June, an early viewing is advised to avoid disappointment.



PERRY SPRINGS £1250 PCM

Guardian are delighted to offer this three bedroom property in immaculate condition through out. This property comes part furnished with oven/hob, fridge/freezer and a washing machine. This property comprises with a garden to the rear and gas heating. Available early July.



WEDGEWOOD DRIVE £1250 PCM

Guardian are delighted to offer this three bedroom semi-detached property in the popular area of Church Langley, Harlow. The property offers a large drive with a garage, generous living space throughout and a garden to the rear. Gas Heating. Available Mid May



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WOODWARDS

£575 PCM

STUDIO flat part furnished in the Woodwards area of Harlow - Available early July.



PARSONAGE LEYS £600 PCM

Guardian are delighted to offer this studio flat in Parsonage Leys. This property ideally suits a single occupant or couple starting out. The property contains G.C.H and double glazing. Part-furnished, EPC C - Available mid May



MALLOWS GREEN £725 PCM

One bedroom flat on the outskirts of Harlow - do not miss it! The flat comprises entrance hallway, bathroom, storage cupboard, fitted kitchen and lounge. Partly furnished with kitchen appliances, sofa, dining table and wardrobes. Call today to view.



SHAWBRIDGE £750 PCM

Guardian are delighted to offer this 1 bedroom ground floor flat which is located close to shops and amenities. The property is available Mid July.



ABBOTSWELD £750 PCM

Guardian are delighted to offer this one bedroom ground floor flat in Abbotsweld. Gas heating. Part furnished with white goods. Available late May.



ARKWRIGHTS £750 PCM

Guardian are delighted to offer this well presented one bedroom flat in Arkwrights. This property comes part furnished with white goods. Gas heating. Available late August.



BELL STREET £800 PCM

Guardian are delighted to present this one bedroom flat in sought after Sawbridgeworth. Situated above the Tuck Shop in Bell Street, this one bedroom flat has an open plan kitchen and very modern bathroom. Available Now. Fully Furnished.



BROADFIELDS £825 PCM

Guardian are delighted to offer this first floor two bedroom flat located at a five minute walk from the town. Gas heating. Available late May.



EDEN END, HATFIELD BROAD OAK £900 PCM

A rare opportunity to rent a one bedroom ground floor apartment in the popular area of Hatfield Broad Oak. This property comes with white goods in the kitchen and one allocated parking space. Available Now!



EDEN END, HATFIELD BROAD OAK £995 PCM

A rare opportunity to rent a one bedroom duplex apartment. This property comes with kitchen white goods and one allocated parking space. Available Now!



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NEW ON

£249,995

NORTHBROOKS, HARLOW

- Three Bedrooms
- Study / Storage Room
- Kitchen / Diner
- Mid Terrace
- Chain Free
- EPC Rating: C



CHAIN FREE

£265,000 - £275,000

PITTMANS FIELD, HARLOW

- Three Bedrooms
- Mid Terrace
- Close To Schools
- Cul-De-Sac Location
- South Facing Garden
- EPC Rating: C



NEW PRICE

OIEO £260,000

JOYNERS FIELD, HARLOW

- Three Bedrooms
- Two Receptions
- Private Garden
- Mid Terrace
- Cul-De-Sac
- EPC Rating: C



NEW ON

£274,995

COALPORT CLOSE, CHURCH LANGLEY

- Two Bedrooms
- Mid Terrace
- Lounge/Diner
- Rear Access To Garden
- Two Parking Spaces
- EPC Rating: C



CHAIN FREE

£275,000

SOPER SQUARE, NEWHALL

- Two Bedrooms
- Two Bathrooms
- First Floor Apartment
- Long Lease
- Allocated Parking
- EPC Rating: C



CHAIN FREE

£285,000

BLACKBUSH SPRING, HARLOW

- Two Bedroom
- End Of Terrace
- Chain Free
- Immaculately Presented
- Potential To Extend
- EPC Rating: D



PARKING

£329,995

COALPORT CLOSE, CHURCH LANGLEY

- Three Bedrooms
- End Of Terrace
- Downstairs Cloakroom
- Newly Fitted Boiler
- Parking
- EPC Rating: D



CHAIN FREE

£345,000

LAWRENCE MOORINGS, SAWBRIDGEWORTH

- Two Bedrooms
- Bright Wide Lounge
- Allocated Parking
- First Floor Apartment
- Recently Refurbished
- EPC Rating: TBC



VENDOR FOUND

£380,000

CHELSEA GARDENS, CHURCH LANGLEY

- Three Bedrooms
- Semi Detached
- Two Receptions
- Utility Room
- Garage & Off Street Parking
- EPC Rating: TBC



CHAIN FREE

OIEO £450,000

OLD ROAD, OLD HARLOW

- Three Bedrooms
- Semi Detached
- Circa 1920's
- Chain Free
- Off Street Parking
- EPC Rating: TBC



ANNEX

£495,000

ST JOHNS AVENUE, OLD HARLOW

- Semi Detached
- Three Bedrooms
- Two Receptions
- Detached Annex
- With Two Bedrooms
- EPC Rating: E



PARKING

£499,000

HART ROAD, OLD HARLOW

- Three Bedrooms
- Two Receptions
- Conservatory
- Semi Detached
- Large Rear Garden
- EPC Rating: TBC



6 BEDS

£525,000

VICTORIA GATE, CHURCH LANGLEY

- Six Bedrooms
- Detached
- Garage & Off Street Parking
- Two Receptions
- Three Bedrooms
- EPC Rating: D



CHAIN FREE

£550,000

STONY WOOD, HARLOW

- Two Bedrooms
- Two Receptions
- Large Garden
- Detached Bungalow
- No Onward Chain
- EPC Rating: TBC



LOCATION

£725,000

MOOR HALL ROAD, OLD HARLOW

- Six Bedrooms
- Over Three Floors
- Small Paddock
- Detached House
- Country Location
- EPC Rating: D



CHAIN FREE

£1,275,000

MULBERRY GREEN, OLD HARLOW, ESSEX,

- Six Bedrooms
- Five Bathrooms
- Four Receptions
- Established Gardens
- Cellars & Storage
- EPC Rating: E

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£750 PCM
KITSON WAY, HARLOW

- One Bedroom
- White Goods Included
- Modern Specification

- Available Mid May
- Other Fees Apply
- EPC Rating : B



£850 PCM
AMBERRY COURT, HARLOW

- Two Bedrooms
- No Smokers / No Pets
- Open Plan Living

- Available May
- Other Fees Apply
- EPC Rating : E



£850 PCM
KITSON WAY, HARLOW

- Two Bedrooms
- Eighth Floor
- Modern Specification

- Available Mid May
- Other Fees Apply
- EPC Rating : C



£950 PCM
AYNSLEY GARDENS, CHURCH LANGLEY

- Two Bedrooms
- Ground Floor
- Fitted Kitchen

- Available Mid June
- Other Fees Apply
- EPC Rating : E



£1,000 PCM
MALLARDS RISE, CHURCH LANGLEY

- Two Bedrooms
- Spacious Living Area
- Allocated Parking

- Available Mid May
- Other Fees Apply
- EPC Rating : D



£1,050 PCM
COALPORT CLOSE, CHURCH LANGLEY

- Two Bedrooms
- Allocated Parking
- Modern Decor

- Available End Of May
- Other Fees Apply
- EPC Rating : C



£1,100 PCM
PARK LANE, HARLOW

- Two bedrooms
- Close to Harlow Town Railway
- Loft Study

- Available End July
- Other fees apply
- EPC Rating: F



£1,150 PCM
HEIGHAMS, HARLOW

- Three Bedrooms
- Good Size Bedrooms
- No Pets

- Available Now
- Other Fees Apply
- EPC Rating : D



£1,200 PCM
SWALLOWS, OLD HARLOW

- Three Bedrooms
- Garage
- No Smokers / Pets

- Available End April
- Other Fees Apply
- EPC Rating : D



£1,200 PCM
TAMAR SQUARE, WOODFORD GREEN

- Two Bedrooms
- Ninth Floor
- Gated Area

- Available June
- Other Fees Apply
- EPC Rating : D



£1,300 PCM
VICTORIA GATE, CHURCH LANGLEY

- Three Bedrooms
- En Suite
- Garage & Driveway

- No Smokers / Pets
- Available End May
- EPC Rating : C



£1,700 PCM
TATTON STREET, NEWHALL

- Four Bedrooms & Dressing Room
- Off Road Parking
- Pets Allowed

- Available End May
- Other fees apply
- EPC Rating: TBC

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female seeking

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DIVORCED Caribbean lady, 60s,
looking for gentleman from Do-
minica, St. Lucia or St. Kitts for
friendship/relationship. Loves hol-
idays, theatre, eating out or in.
Only genuine replies. Tel No: **0906 515 4456 Box No: 426641**

SOPHIA young 40yrs, married
but bored, seeks discreet adult
fun, any area, all calls answered.
Tel: **0906 515 3016 Box: 413399**

JOY happily married, bi curious,
blonde hair, blue eyes, big boobs,
seeks someone to join in a bit of
bedroom fun! Tel No: **0906 515 4456 Box No: 426845**

EMILY, mature well educated
lady, blonde and smart and
broadminded seeks gent any age
for no strings fun. ACA. Tel: **0906 515 3020 Box 421375**

ANNE blonde hair, blue eyes,
seeks males for no strings adult
fun! Call and leave a number for
me. Tel No: **0906 515 4456 Box No: 426843**

66 year old West Indian lady, likes
cinema, theatre, eating in and
out, holidays, weekends away,
looking for a West Indian gentle-
man, 66-70, for LTR. Tel No: **0906 515 4456 Box No: 420913**

KATIE 35yrs, slender well edu-
cated brunette seeks no strings
mutual pleasure with gent 40+
Must be discreet, married or single.
ACA. Tel: **0906 515 3000 Box 419673**

CAROLINE, attractive mature
lady, various interests, hoping to
meet a smart gent for socialising,
perhaps leading to something
more. Tel No: **0906 515 4456 Box No: 426347**

JANE, young 41, very broad-
minded seeks chap any age for
discreet no strings fun, any age,
no time wasters ACA. Tel No: **0906 515 3008 Box: 409715**

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SENSUAL bubbly blonde, be-
lieves life is for fun, laughing and
loving, WLTW tall, attractive guy
who feels the same for fun times.
Tel No: **0906 515 4456 Box No: 426837**

TAMIKA, mature black beauty,
hourglass figure and open
minded. Pls call if you are dis-
creet, broad minded and nice. I
can travel and accommodate.
ACA. Tel: **0906 515 3004 Box 422365**



ELAINE, 51, new to this, free
spirited petite blonde, feminine
and all women, seeks romantic
male who enjoys good times, fun
and passion. Tel No: **0906 515 4456 Box No: 426805**

HARRIETT 42yrs, blue eyed
brunette with long legs and decent
curves! Looking for a cheeky ad-
venturous man for fun only. I live
alone so can accommodate and
can travel. Discretion assured.
ACA. Give me a try. Tel: **0906 515 3028 Box 426205**

JULIE big blue eyed blonde size
12 glamorous granny, 40's, likes
a good film with a nice wine,
walking, meals out, seaside,
seeking young at heart male 40-
55yrs Tel No: **0906 515 4456 Box No: 426767**

LADY early 60s, looking for man
for occasional good times. Text
only. Mailbox: **5799908**

SAMANTHA, 35yrs, attractive
brunette with own business,
seeks adventurous gent for cas-
ual relationship. Tel: **0906 515 3032 Box 425979**

ANNE happy go lucky lady who
loves wining/dining, affectionate,
honest, sincere and down to
earth, looking for similar qualities
in companion, if that's you pls
call. Tel No: **0906 515 4456 Box No: 426821**

JASMINE, 34yrs, non smoking
first time dater! Easy going, at-
tractive and hard working. Due to
work commitments I'm looking for
a no strings companion any age.
Looks unimportant must have
GSOH. Tel: **0906 515 3012 Box 426201**

ATTRACTIVE stocky built male,
5ft9, brown hair and brown eyes,
likes soul, rock, pop music, seeks
a female with similar interests for
evenings out. Tel No: **0906 515 4456 Box No: 426855**

MATURE male, cross dresser,
looking for mature female only, to
help make me more feminine. Tel
No: **0906 515 4456 Box No: 426861**

MALE, early 50s, warm, gener-
ous, slim, fit and healthy seeks
regular, confidential, massage ex-
change with similar slim female.
Text only. Mailbox: **5822636**

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GENTLEMAN, professional and
well educated, looking for dis-
creet adult fun times, perhaps
during the daytime. ACA. Tel No:
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BILL, 67 years young, very ac-
tive, looking for a slim, petite lady,
40-60, n/s, for friendship, fun and
hopefully a full time relationship.
Tel No: **0906 515 4456 Box No: 426449**

MALE 40, down to earth, fun,
seeking similar female for fun and
friendship. Tel No: **0906 515 4456 Box No: 410253**

FRIENDLY funny male, affection-
ate, 6ft, dark hair, green eyes, 51,
seeking affectionate woman, sim-
ilar age. Tel No: **0906 515 4456 Box No: 426279**

WHITE unattached male, mid
70s, N/S, looking for Lady 45-75
with CHAC for days in or out,
travel, dining etc. Tel No: **0906 515 4456 Box No: 426519**

SHAUN, 43, friendly, down to
earth, honest, seeks adventurous
female, for fun times, friendship,
possibly more. Essex/Herts. Tel
No: **0906 515 4456 Box No: 426479**

male seeking

PETER, mature, early 70s, gen-
uine, white, curious male, WLTW
white, married or single ladies,
30-65, for friendship and fun
times in private. Tel No: **0906 515 4456 Box No: 426955**

MARRIED male, early 50s,
warm, generous, slim, fit and
healthy seeks regular, confi-
dential, massage exchange with sim-
ilar female. Text only. Mailbox:
5822636

OLDER gent, unattached, tall,
young at heart, seeks fun loving
lady for company and trips out.
Bishops Stortford area. Tel No:
0906 515 4456 Box No: 425479

MID 70s old fashioned gent, sol-
vent, not used to computers and
mobiles, enjoys eating out,
sports, travel, classical music etc,
seeks the company of a re-
spected, married, European lady,
25-65. Tel No: **0906 515 4456 Box No: 426453**

ATTRACTIVE stocky built male,
5ft9, brown hair and brown eyes,
likes soul, rock, pop music, seeks
a female with similar interests for
evenings out. Tel No: **0906 515 4456 Box No: 426855**

MATURE male, cross dresser,
looking for mature female only, to
help make me more feminine. Tel
No: **0906 515 4456 Box No: 426861**

MALE, early 50s, warm, gener-
ous, slim, fit and healthy seeks
regular, confidential, massage ex-
change with similar slim female.
Text only. Mailbox: **5822636**

gay seeking

ROB, mature passive, bi guy,
cross dresser, slim, very discreet,
tactile, seeking an assertive, ma-
ture guy, for fun and friendship.
East London/Essex. Tel No:
0906 515 4456 Box No: 426171

GRAHAM, I'm the passive
Chelmsford guy you contacted.
Got your number wrong, please
contact me again I want to meet
you. Tel No: **0906 515 4456 Box No: 426027**

TONY of Colchester, this passive
Chelmsford guy has lost your
number. Get in touch, I want to
meet you. Tel No: **0906 515 4456 Box No: 426831**

GAY male, 50, Hertfordshire,
looking for gay man, 38-46, for
fun and more. Tel No: **0906 515 4456 Box No: 426403**

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FEMALE 59 looking for female
for good times. Enjoys car boots,
cinema, walking, animal and na-
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DRIVE



Thursday, May 4, 2017

RINW-FRIENDLY AND SPACIOUS

Renault's original of multi-vehicle known for its spaciousness. See some 20 years ago this month.

Consumer tastes and fashion trends may have changed over the ensuing years plus the arrival more recently of so-called crossover cars but the basic people carriers remain as popular as ever particularly with families.

It's easy to see why because they are spacious inside with plenty of storage cubby-holes, practical and versatile seating/luggage space, comfortable seats for all ages and for the driver nowadays much nicer to drive, more economical with more standard mod cons on board.

Take the latest Scenic which still retains all these family user-friendly features, looks outside much smarter than ever before and with the best part of more than 30 different petrol, diesel, hybrid assist powered versions available there's something to suit most motorists' needs.

It now has a nice looking bulbous shaped front end with a steeply raked windscreen and plenty of sweeping body curves and the rear end has also been tidied up to look more modern.

With much more refinement and quietness it's the diesels that are proving popular simply because they are much more cleaner in terms of exhaust emissions (i.e. lower CO2 ratings), offer far better fuel economy and a better ride and drive than the earlier models.

The Dynamique S Nav dCi 110 model is a prime example with its 108bhp diesel engine delivering a competent performance through a six-speed manual gearbox which Renault claims will do 72.4 mpg on the combined cycle and has a CO2 of 100g/km.

Even though some of these official fuel consumption figures are questionable at times this engine returned 58.1mpg overall on some 600 miles of testing that included a stop-start run across London and a motorway speed

return journey to the north of England and back.

Apart from this impressive figure it also sits in only insurance group 11, VED A band and for company driver the BIK rating is only 20 per cent.

With this well proven 1.5-litre diesel engine under the bonnet it provides more than enough power for a decent performance even when fully loaded up with kids as encountered on the long test run and it was quiet and refined throughout.

This latest Scenic is based on the current Megane platform and has the same model line up, starting with the Expression+ (£21,445 on-the-road), through to Dynamique, Dynamique S and top of the range Signature (£30,805 on-the-road).

All models now have as standard alloy wheels, climate control, parking sensors and Bluetooth while models like the Dynamique S tested (£25,445 on-the-road) have in addition a

larger 8.7-inch infotainment and head-up touch display screen with excellent easy-to-read-at-a-glance clear graphics and other information.

As for the choice of engine, aside from trim/equipment levels, the best one to go for in my book is the 1.5-litre diesel because it's a sweet sounding

engine, exceptionally quiet for a diesel, drive easily with a nicely weighted steering and the six-speed manual gearbox is light yet precise in action.

The overall ride is on the firm side really, unlike most French made cars which are more often than not on the soft side, and there's hardly any noticeable

body roll when the car is pushed around sharper bends in the road. This latest Scenic is again much safer having past the Euro NCAP tests with five stars and on the test car there was the optional £500 safety premium pack that includes adaptive cruise control and safe distant warning – better to spend the £500 cash in my view on the parking premium pack that allows hands-free parking, 360-degree parking sensors and blind spot warning which are more important for every day driving.

Renault also charges £90 to have an emergency spare wheel on board – another plus factor for most drivers.

Interior changes to this latest Scenic see the centrally positioned speedometer by a more user-friendly one with digital readout in the more traditional place behind the steering wheel – that's far more practical in my view.

Leg and headroom back and front is good as on the old model with seats that give decent enough lumbar support and as on most medium sized people carriers there's plenty of cubby holes for storage while boot space is fine at 572 litres. Drop the rear seats down and this rises to 1,554 litres and the action of dropping the seats is now much easier too.

Overall a much improved Scenic (there's still the bigger Grand Scenic available too) with the changes more subtle than anything else and it will certainly keep Renault up in the top echelons of the medium-sized MPV brigade.

If buyers can't afford any diesel models then go for the entry-level 1.2-litre petrol Expression+ which whilst lacking a little in punch when looking for some performance still more than compensates in terms of ride quality and comfort.



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2008 (08) Volkswagen EOS 2.0 TDI 2008 Convertible+ Pan Roof Full Leather 6 Month Guarantee

Price: £5695

2008, Manual, Diesel, Silver, Convertible, 2 Door, 95000 miles, FMSH, 1 Previous Owners, Truly Outstanding Example VW EOS 6 Speed Convertible Finished in Special Silver Essence Metallic Paint With Special Order Vero Cream Leather Interior Alloy Wheels Folding Convertible Hardtop With Full Length Panorama Glass Roof and Sliding Glass Front sunroof A/C Climate Pack Sensors Electric Windows & Mirrors Heated Seats 8 Speaker RC2500 Radio Stereo CD Multi iPod Connection Luxury Pack, Superb History Spare Key New Cambelt P/X Pass



2007 (07) Honda CR-V 2.0 i-VTEC Sport Electric Roof 6 Month Guarantee

Price: £4495

2007, Manual, Petrol, Grey, 4x4, 5 Door, 95000 miles, FSH, 2 Previous Owners, This Superb Honda CR-V i-VTEC 4x4 Sport is Offered in Exceptional Condition With Fully Documented and Stamped Service Records, Supplied With All Documents, Full HPI Report, Spare Key 7 6 Month Parts & Labour Guarantee, Alloy Wheels, A/C, Electric Windows And Mirrors, Electric Roof, Upgrade Sony Remote Control Sound System With Bluetooth, Part Exchange Possible



2005 (05) Volkswagen Touareg 3.0 V6 TDI Sport Auto 55 Reg A/C Leather 6 Month Guarantee

Price: £5895

2005, Automatic, Diesel, Black, 4x4, 5 Door, 104000 miles, FSH, 3 Previous Owners, A Truly Superb Example VW Touareg 3.0 TDI Sport Automatic finished in Metallic Black. Extras Include A/C Climate Control, Park Sensors, Privacy Rear Glass, Leather Interior, Alloy Wheels, Electric Seats Steering Windows & Mirrors, Supplied With New MOT, 6 Month Guarantee and All Service Records P/X Possible



2004 BMW X5 3.0i Automatic 2004 Sport Nav Black Cream Leather 6 Month Guarantee

Price: £5945

2004, Automatic, Petrol, Black, 4x4, 5 Door, 95000 miles, FSH, 3 Previous Owners, Superb High Spec 2004 X5 Sport Automatic, Finished in Colour coded Metallic Black Sapphire with Cream Dakota Leather, Over £7000.00 Factory Extras From New Including Sat Nav, Bi-Xenon Headlamps, 10 Speaker Hi-Fi System, Park Sensors, Side Steps, All Electrics & Much More. HPI Certificate, Offered With 6 Month Parts & Labour Guarantee & Part Exchange Available



2008 (08) Nissan Pathfinder 2.5dCi Turbo 171 (171 Pack) SPORT 7 Seat 4x4 6 Month Guarantee

Price: £7995

2008, Manual, Diesel, Blue, 4x4, 5 Door, 72000 miles, FSH, 1 Previous Owners, This Stunning Nissan Pathfinder Sport 2.5dCi 7 SEATER 4x4 6 Speed Turbo 171 (171 Pack) is Offered in Super Condition With Low Miles For Year Ideal for Towing With Almost 300lbs Torque Available, Climate Control, Alloy Wheels, Alarm, CD Player, Side Steps, RCL Drivers Airbag, Electric Windows, ABS, Air Conditioning, Offered With Spare Key, New Mot and all Documents & 6 Month Parts and Labour Guarantee. Just in, but Get Cracking This will Sell. P/X Available



2004 (03) MG MGF 1.6 115 Cool Blue Matching Hood & Part Leather Interior 6 Month Guarantee

Price: £1995

2004, Manual, Petrol, Blue, Convertible, 2 Door, 70000 miles, FSH, 4 Previous Owners, Excellent Original Example of this Classic Mid Engine MG Sports Roadster. This particular Vehicle is Fitted with Alloy Wheels, Colour Coded Body and Soft-top with Matching Leather and Sunrider Seats, Electric Windows Upgrade Sound System, New Mot and Spare Key, Just 70000 Miles with full Service History. This is Sure to Appreciate in value Whilst Providing an Accessible Fast Drop-head for Everyday Use 6 Month Guarantee Part Exchange Pass

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KIA CEE'D 1.6 PETROL 5DR
HATCHBACK IN MET BLACK

only 1 special offer car, brand new and un-registered with a great saving and 3 year service plan. The Kia cee'd is a Ford Focus, Vauxhall Astra, Renault Megane size family car

FINANCE EXAMPLE:

KIA CEE'D 1.6 '2' HATCHBACK 5dr

Cash price of vehicle	£18,685.00
Deposit/Part Exchange £800 cust £3000 KBM	£3,800.00
Amount of credit	£14,885.00
Total charge for credit	£1,972.80
Fixed rate of interest	2.52%
Representative	4.9% APR
The credit and charge for credit is payable by 1 initial payment of	£249.35
47 monthly payments of	£249.35
1 final payment or guaranteed future value	£4,879.00
Total amount payable	£17,657.80
Duration of the agreement	49 months

- Air conditioning • DAB radio with USB & AUX ports • Bluetooth with voice recognition & music streaming • Reversing sensors • TPMS, HAC & ABS R7
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KIA CEE'D 1.6 CRDI S/W ESTATE
5DR 6-SPEED MANUAL IN WHITE

only 1 special offer car, brand new and un-registered with a great saving and 3 year service plan. The cee'd S/W is a Ford Focus Estate, Vauxhall Astra Estate, Renault Megane Estate size car.

FINANCE EXAMPLE:

KIA CEE'D 1.6 CRDI S/W 5dr

Cash price of vehicle	£22,815.00
Deposit/Part Exchange £500 cust £3000 KBM	£3,500.00
Amount of credit	£17,815.00
Total charge for credit	£2,284.24
Fixed rate of interest	2.52%
Representative	4.9% APR
The credit and charge for credit is payable by 1 initial payment of	£289.88
47 monthly payments of	£289.88
1 final payment or guaranteed future value	£5,685.00
Total amount payable	£25,099.24
Duration of the agreement	49 months

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- Dual automatic air conditioning with ioniser • Rain-sensing front wipers • Automatic headlight control • Auto-dimming rear mirror
- Cloth with contrast 'mesh' design and faux leather inserts • Front power lumbar support

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09 (09) KIA RIO 1.4 CHILL 5DR 5-SPEED MANUAL, Met Red, Only 42,000 Miles, Air Con, E/Windows, R/C/Locking, Alloy Wheels, 12 Months Parts & Labour Warranty.....	£3,995
10(60) KIA PICANTO 1.1 AUTOMATIC 5DR SPECIAL EDITION 'DOMINO', Met Black, Only 14,000 Miles From New, Air Con, Alloy Wheels, Electric Windows, X4 Remote Central Locking, Under Kia Warranty For A Full 12 Months.....	£4,995
13 (63) HYUNDAI I10 ACTIVE 5DR, White, 16,000 Miles, White, Air Con, Stereo Rds Radio/CD Player With Mp3 Compatibility, USB And Aux Connectors, 14" Alloys With Locking Wheel Nuts, E/Windows, Under Hyundai Warranty Until 09/2018.....	£5,495
11(60) VW POLO 1.4 PETROL 'SE', White Only, 25,000 Miles From New, Air Conditioning, Alloy Wheels, Electric Windows, X4 Remote Central Locking, 12 Months Parts And Labour Warranty.....	£5,995
11(61) KIA CEE'D 1.6 DIESEL S/W ESTATE 6 SPEED MANUAL '2' 5DR, Met Silver, 44,000 Miles, Air Con, Bluetooth, Alloy Wheels, Cruise Control, Radio With CD Player, Electric Windows, X4 Remote Central Locking, Under Kia Warranty Until 10/2018.....	£6,495
14 (14) KIA PICANTO 1.0 PETROL '2' 5DR, Green 21,000 Miles Air Con, R/C/Locking, E/Windows, Bluetooth, Alloys, Under Kia Warranty Until 04/2021.....	£6,495
15 (15) HYUNDAI I10 SE 5DR, Blue, 14,000 Miles, ABS/EBD, Brake Assist, Electronic Stability Control, Vehicle Stability Control (VSC), Cruise Control • Speed Limiter, Air Con, E/Windows, R/C/Locking, Only £20.00 Per Year Road Tax.....	£6,795
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12 (12) KIA VENGA 1.6 AUTOMATIC '2', Met Silver, Only 19,000 Miles, Air Con, Alloys, Bluetooth, Reversing Sensors, Higher Seating Position, Under Kia Warranty Until 06/2019.....	£7,495
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13 (62) KIA CEE'D S/W 1.6 ESTATE DIESEL '2' 6-SPEED MANUAL, Met Silver, 37,000 Miles, Rear Parking Sensors, Alloys, Air Con, Bluetooth, R/C/Locking, E/Windows, Under Kia Warranty Until 01/2020.....	£7,995
12 (12) KIA VENGA 1.6 DIESEL MANUAL '3', Met Silver, Only 25,000 Miles, Higher Seating Position, Panoramic Roof, Climate Control, Air Con, Rear Parking Sensors, R/C/Locking, E/Windows, Bluetooth, Alloys, Under Kia Warranty Until 07/2019.....	£7,995
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13 (63) KIA SOUL 1.6 DIESEL AUTOMATIC '2' 5DR, Red Only, 7,000 Miles, Air Conditioning, Bluetooth, Alloy Wheels, Cruise Control, Radio With CD Player, Electric Windows, X4 Remote Central Locking, Under Kia Warranty Until 11/2020.....	£8,795
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14 (14) KIA SPORTAGE 1.7 DIESEL '2' 2WD 5DR, Met Silver, Only 16,000 Miles, Panoramic Roof, Half Leather Interior, Alloys, Rear Parking Sensors, E/Windows x4, R/C/Locking, Privacy Glass/ Under Kia Warranty Until 03/2021.....	£14,490
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16 (16) KIA SPORTAGE NEW MODEL 1.7 DIESEL '1' 2WD, 6 SPEED MANUAL, Met Blue, 6,000 Miles, Air Con, Bluetooth, Alloy Wheels, Cruise Control, Dab Radio With CD Player, E/Windows x4 R/C/Locking, Under Kia Warranty Until 03/2023.....	£16,895
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With Solutions Personal Contract Plan, 18s+. Subject to availability and status. T&Cs apply. Offer available when ordered between 4 April and 3 July 2017 from participating retailers. Excludes Citigo S, Yeti SE Technology, SE Business and model year 18 (new Citigo and Rapid Spaceback).

Indemnities may be required. Offers are not available in conjunction with any other offer and may be varied or withdrawn at any time. [^]Deposit contributions vary: £1,000 on Citigo, £1,500 on Yeti and £1,800 on Rapid Spaceback. Accurate at time of publication. Freepost ŠKODA Financial Services.

Models shown are Citigo 5-door Colour Edition 1.0 MPI 60PS in Candy White at £10,760 OTR, Rapid Spaceback SE Sport 1.2 TSI 110PS at £17,320 OTR with optional Corrida Red paint at £195 and Yeti Outdoor SE L Drive 1.2 TSI 110PS at £21,905 OTR with optional Candy White paint at £195.

Official fuel consumption for the ŠKODA range in mpg (litres/100km): Urban 31.0 (91) to 72.4 (3.9); Extra Urban 44.1 (6.4) to 88.3 (3.2); Combined 38.2 (7.4) to 80.7 (3.5). CO₂ emissions for the ŠKODA range in mpg are 170 to 90 g/km. Standard EU test figures for comparative purposes and may not reflect real driving results.

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Fuel consumption figures for the Fiat 500 range in mpg (l/100km): Urban 51.4 (5.5) – 68.9 (4.1); Extra Urban 65.7 (4.3) – 94.2 (3.0); Combined 60.1 (4.7) – 83.1 (3.4). CO₂ emissions 110 – 88 g/km. Fuel consumption and CO₂ figures based on standard EU tests for comparative purposes and may not reflect real driving results. *Apple CarPlay is a trademark of Apple Inc. Use of the Apple CarPlay logo means that a vehicle user interface meets Apple performance standards. Apple is not responsible for the operation of this vehicle or its compliance with safety and regulatory standards. Please note that the use of this product with iPhone, iPod, or iPad may affect wireless performance. 3 year warranty consists of a 36 months' unlimited mileage warranty (incl. 24 months' Pan European warranty) which guarantees your vehicle against defective manufacturing faults for 36 months from first registration. This excludes wear-and-tear items. T&C's apply. Warranty subject to exclusions. See Fiat.co.uk for full details.



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2006 (56) BMW M3 3.2 2dr ***LAST OF THE E46 M3***, Upgrades - Front Centre Armrest, Front Seat Heating, Full Leather Upholstery, Harman Kardon Hi-Fi, Navigation System - Professional, Black Hood, Navigation System inc TV & Teletext, 6 months warranty, Full service history
£15,995 p/x welcome



2013 (13) Nissan Qashqai 1.6 dCi 130 4WD 6 months warranty, 12 months MOT, Service history, Clean bodywork, Black Part leather interior - Excellent Condition, Tyre condition Excellent, Metallic Black
£10,995 p/x welcome



2010 (10) Jaguar XKR 5.0 Supercharged 2dr 6 months warranty, 12 months MOT, Full service history, Excellent bodywork, Beige Full leather interior - Excellent Condition, Tyre condition Excellent, Metallic Black
£29,495 p/x welcome



2004 (04) Suzuki SV1000S K3-S 996cc This bike comes with Crash Bars, Crash Bungs, Electric start, Rear Hugger, Stainless Exhaust, New Tyres January 2017, Upgraded Adjustable Levers, Original Case, Power Command Map, Pipercross Air Filter
£2,895 p/x welcome



2007 (07) Alfa Romeo GT 1.9 JTDM 16v Lusso 6 months warranty, 12 months MOT, Service history, Clean bodywork, Black Full leather interior - Clean Condition
£2,695 p/x welcome



2011 (11) Jaguar XKR 5.0 Supercharged 2dr, 6 months warranty, MOT for life, "Stunning in White" 6 months warranty, 12 months MOT, Full service history, Excellent bodywork, Black Full leather interior
£35,495 p/x welcome



2010 (10) Audi Q7 3.0 TDI 5 Line Tiptronic Quattro 5dr 95,000 miles, Technology Pack, Visibility Package, Privacy Glass, Rear Acoustic Parking System, Automatic Climate Control with Separate Driver and Front Passenger Controls, Heated Front Seats, Cruise Control
£18,995 p/x welcome



2012 (12) Audi Q7 3.0 TDI 5 Line Tiptronic Quattro 5dr, 6 months warranty, 12 months MOT, Full dealership history, Excellent bodywork, Interior - Excellent Condition, Tyre condition Excellent, White
£25,995 p/x welcome



2009 (59) Volkswagen Golf 2.0 TDI CR 5 3dr, Metallic Paint, Air Conditioning, Climatic Semi - Automatic Control, Electric Windows, Front, RCD 210 Radio, MP3 Compatible CD Player, Heat Insulating Green Tinted Glass, Drivers and Front Passengers Whiplash-Optimised Head Restraints, Multifunction Computer (Midline)
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2003 (53) BMW M3 3.2 2dr***SUPERCHARGED*** Spec list on this car is endless, including "Vortech Supercharger" "Stiffened Chassis" "Upgraded Vanos" "Stage 1 Remap" 6 months warranty, 12 months MOT, Full service history, Excellent bodywork, Beige Full leather interior - Good Condition, Tyre condition Good, Metallic Estoril Blue
£18,995 p/x welcome



2010 (60) Mini Hatch 1.6 Cooper D 6 months warranty, 12 months MOT, Full service history, Clean bodywork, Black Cloth interior - Clean Condition,
£4,495 p/x welcome



2010 (10) Mercedes-Benz SLK 1.8 SLK200 Kompressor 2dr 6 months warranty, 12 months MOT, Full service history, Excellent bodywork, Black Full leather interior - Excellent Condition, Tyre condition Excellent, Metallic PALLADIUM
£12,495 p/x welcome



2014 (14) Fiat Ducato 36 B/B C/C MULTIT 2.3 4 Berth, 6 Months Warranty, Previous Owners: 1, 4x2, 146bhp, RHD 1 owner, Silver
£44,995 p/x welcome

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CARS FROM £15 PER WEEK

(09)	Ford KA Styke Plus, in blue, only £30 Road tax, very economical, Low insurance, one previous owner, full electric pack	£3699 or £17pw
(05)	Volvo S40 SE Saloon Auto, in blue, locally owned, Full service history, alloys, full leather, air con, electric memory seats	£3699 or £17pw
(11)	Suzuki Alto SZ3 5DR, One Owner, Full Suzuki history, £20 Road tax, up to 70mpg, cheap insurance, loads of extras	£3699 or £17pw
(08)	Renault Grand Modus Dynamique 5DR, in blue, only £30RFL, full service history, alloys, air con, parking sensors and more	£3699 or £17pw
(10)	Vauxhall Agila Club AC 5DR, in blue only 24,000 miles, immaculate condition inside and out, low insurance cheap to run	£3999 or £18pw
(06)	Nissan X-Trail SE 5DR, in silver, low mileage, full service history, great value, full electric pack with many extras	£3999 or £18pw
(58)	Nissan Micra Tekna 5DR, in Red, very low mileage, service history, up to 55mpg, cheap to run and insure, top spec	£3999 or £18pw
(56)	Honda Jazz DSI SE Auto 5DR, in silver, Very low mileage, alloys, air con, top spec, full service history, 2 keys, immaculate	£3999 or £18pw
(09)	Smart Fortwo Passion Cabrio Auto, in black, leather heated seats, full smart history, one owner, alloys air con power steering	£3999 or £18pw
(12)	Toyota Aygo VVT-i 5DR, in red, only 36,000 miles, £0 Road Tax, very economical, low insurance many factory extras	£4499 or £19pw
(09)	Seat Ibiza Sport, Full service history, only 40,000 miles, full electric pack, air con, sport pack with many extras	£4499 or £19pw
(60)	Vauxhall Corsa Energy 5DR, in blue, low mileage, one previous owner, full service history, alloys, air con, immaculate	£4699 or £20pw
(11)	Smart Fortwo coupe passion auto, in orange with black alloys, Sat nav, Bluetooth, air con, £0 Road tax, Rare car, stunning	£4699 or £20pw
(11)	Toyota Aygo VVT-i Go 5DR, only 18,000 miles, £20 RFL, Colour Sat Nav, Alloys, Air con, Tinted Windows, top spec, elec pack	£4699 or £20pw
(11)	Vauxhall Corsa Exclusiv AC 5DR, in Grey, Only 20,000 miles, air con, service history, locally owned, full electric pack	£4699 or £20pw
(11)	Renault Clio Dynamique Tomtom, in silver, Sat nav, Bluetooth, air con, iPod Connectivity, immaculate condition	£4699 or £20pw
(10)	Vauxhall Astra Sri XP Coupe, in black, locally owned, full service history, air con, Sri Alloys, Top Spec, Full electric pack	£4699 or £20pw
(07)	Honda Jazz DSI SE 5DR MPV Auto, in Blue, One Previous owner, Full Honda history, alloys, Air Con, Stunning condition	£4699 or £20pw
(11)	Vauxhall Meriva Excite, in silver, one owner, alloys, air con, full electric pack and many factory extras	£4999 or £21pw
(12)	Vauxhall Corsa limited edition, in white with black roof, up to 70mpg, only £20 Road tax, Air con, full elec pack	£4999 or £21pw
(13)	Citroen C1 VTR 5DR, in blue, only 25,000 miles, air con, service history, one owner £0 Road Tax, Top Spec, immaculate	£4999 or £21pw
(11-12)	Hyundai i30 Comfort Auto 5dr, in Saturn, 1 owner, service history, alloys, air con, and more, great value at	£4999 or £21pw
(14)	Fiat Panda Pop 5DR, in Black, Only £30RFL, Fiat warranty, One Owner, Full electric pack city steering and more	£4999 or £21pw
(59)	Peugeot 207cc GT Convertible, in grey, Alloys, full Peugeot history, one owner, Air con, full leather and much more	£5299 or £22pw
(13)	Skoda Fabia S 5DR, in silver, air con, one previous keeper, service history, immaculate condition, full electric pack	£5499 or £23pw
(11)	Mercedes Benz A Class A160 SE, in silver, one previous keeper, alloys, air con, parking sensors, full electric pack and more	£5499 or £23pw
(60)	Citroen C3 Picasso Exclusive Diesel, in red, Full service history, One previous owner, Parking sensors, alloys, £30RFL	£5699 or £24pw
(11)	Kia Cee'd 2 Ecodynamics Cdi diesel 5DR, in silver, Only 20,000 miles, £20RFL, alloys, parking sensors, one owner and more	£5699 or £24pw
(11-12)	Ford Fiesta Zetec Choice of 3, in blue and silver, Low Mileages, Air Con, Alloys, Full electric pack and more	£5699 or £24pw
(11)	Peugeot 3008 Active HDi 5dr, Alloys, Air con, climate, service history, locally owned, MPV and much more	£5999 or £25pw
(13)	Vauxhall Agila SE 5DR, one owner, full Vauxhall history, only £30 Road tax, Up to 60mpg, alloys, air con, stunning	£5999 or £25pw
(59)	Honda Jazz i-Vtec Ex 5DR, in blue, one owner, only 37,000 miles, full service history, pan roof, privacy glass, parking assist	£5999 or £25pw

CARS FROM £30 PER WEEK

(14)	Volkswagen polo match edition diesel, One owner, full service history, only £20RFL, alloys, air con, parking sensors and more	£7499 or £36pw
(09)	Toyota Avenis Tr D-4D 150 TR Saloon Auto, in silver, air con, climate control, full service history, parking sensors, top spec	£7499 or £36pw
(10)	Volkswagen Golf SE TSI Auto DSG 5DR, in Grey, low miles, air con, ipod connectivity, full electric oack and many factory extras	£7499 or £36pw
(12)	Honda Civic i-DTEC EX 5DR, one previous owner, full service history, sat nav, parking camera, heated leather seats, top spec	£7699 or £38pw
(14)	Ford Focus Zetec 5DR, Stunning car with only 30,000 miles, alloys, air con, £20RFL, ipod connectivity with many factory extras	£7999 or £40pw
(14)	Volkswagen High up! 5DR, Sat nav, Bluetooth, heated seats, air con, alloys, touch screen, only 10,000 miles, Full VW history	£7999 or £40pw
(11)	Nissan Qashqai N-Tec, in black, One Previous owner, pan roof, Bluetooth, sat nav, parking camera, alloys, auto lights & wipers	£7999 or £40pw
(11)	Volkswagen beetle Solar Convertible, in cream, Electric opening roof, parking sensors, One Owner, Grey alloys, top spec	£7999 or £40pw
(12)	Nissan Juke Acenta Premium 5DR, Full Nissan history, one owner, full sat nav, Bluetooth, parking camera, alloys	£7999 or £40pw
(12)	Mini Cooper Hatch London 2012 Edition, in grey, limited edition, Bluetooth, cruise and climate control, full leather, rare car	£7999 or £40pw
(63)	Volkswagen Polo Match Edition Auto DSG, One Owner, Alloys, air con, parking sensors, Bluetooth, full electric pack and more	£7999 or £40pw
(12)	Vauxhall Insignia Sri Nav CDTi Diesel Auto, in silver, Nav, sensors, alloys, air con, full service history, one previous owner	£7999 or £40pw
(09)	Mercedes Benz CLC Coupe CLC180 kompressor Sport, in silver, Full Mercedes history, one owner, Leather, climate, sensors	£7999 or £40pw
(15)	Vauxhall Astra Excite 5dr, in Grey, low mileage, one owner, service history, alloys, half leather, immaculate condition,	£7999 or £40pw
(14)	Hyundai IX-35 Premium CRDi diesel, in grey, one owner, full Hyundai history, pan roof, half leather, climate and more	£8999 or £45pw
(14)	Honda Civic i-Vtec 5DR, full Honda history, one owner, top spec, cheap to run, full electric pack, climate control and more	£8999 or £45pw
(61)	BMW 3 Series 318d Sport Plus Edition saloon, in black, sat nav, alloys, air con, full leather, parking sensors and more	£8999 or £45pw
(63)	Vauxhall Insignia Tech line Cdti 5dr, in silver, £0 RFL, low mileage, alloys, air con, Bluetooth, half leather, parking sensors	£8999 or £45pw

CARS FROM £15 PER WEEK

(13)	Fiat 500 Lounge, in white, one owner, full fiat history, £30 Road tax, Pan roof, Bluetooth media pack, low mileage and more	£5999 or £25pw
(11)	Ford Focus Edge TDCi 5DR, in silver, full service history, u to 70mpg, £20 Road tax, alloys, air con, full electric pack and more	£5999 or £25pw
(13)	Fiat 500 Lounge, in red, pan roof, alloys, air con, Bluetooth, only 20,000 miles, full service history, one owner, top spec	£5999 or £25pw
(14)	Ford KA Zetec S/S, in black, only 17,000 miles, low insurance, low tax, very economical, air con, and more	£5999 or £25pw
(10)	Vauxhall insignia Exclusiv Ecoflex 5DR, in silver, only 30,000 miles parking sensors, air con, immaculate condition	£5999 or £25pw
(10)	Renault Megane dynamique tom tom estate, in grey, only 28,000 miles, sat nav, Bluetooth, parking sensors, cruise control	£5999 or £25pw
(13)	Suzuki Swift SZ-L, in grey, 28,000 miles, full Suzuki history, one owner, alloys, air con, top spec with extras	£5999 or £25pw
(10)	Vauxhall Insignia Exclusive CDTi Ecoflex 5DR, in silver, 30,000 miles, one owner, full service history, parking sensors, alloys	£5999 or £25pw
(09)	Volkswagen Polo Match Auto 5DR, in silver, 25,000 miles, full service history, one owner, rare car, stunning inside and out	£5999 or £25pw
(09)	Mazda 3 Ts2 Auto 5DR, in Grey, alloys, air con, parking sensors, full mazda history, one owner , full electric pack	£5999 or £25pw
(14)	Seat Mii Sport 5DR, in yellow with black roof and wheels, only 17,000 miles, £20RFL, one owner, alloys, air con, immaculate	£5999 or £25pw
(11)	Vauxhall Astra Cdti Diesel 5DR, in blue, Air con, cruise control, one owner, full Vauxhall history and more	£5999 or £25pw
(11)	Kia Soul Tempest Diesel 5DR, in Silver, Full service history, One Owner, Alloys, Air Con, Full Electric pack and more	£5999 or £25pw
(14)	Vauxhall Adam Jam Ss, Full main dealer history, One owner, alloys, air con, full electric pack and many factory extras	£6299 or £26pw
(14)	Fiat 500s, in Black, Bluetooth, black half leather, sports kit inside and out, One owner, Grey alloys, immaculate	£6299 or £26pw
(10)	Honda Civic EX 5DR, in black, full Honda history, top spec with pan roof, leather alloys, climate control, parking sensors	£6499 or £26pw
(13)	Nissan Note N-Tec + Diesel MPV, Full service history, alloys, Bluetooth, sat nav, Alloys, climate control, top spec	£6499 or £26pw
(12)	Ford Fiesta Titanium Auto 5DR, in blue, top spec, auto lights and wipers, alloys, air con, Bluetooth, rare car, immaculate	£6499 or £26pw
(10)	Kia Sportage Xs CRDi, in black, Full Leather, Parking sensors, Air con, Climate control, stunning inside and out	£6499 or £26pw
(12)	Ford Fiesta Zetec 5DR, in black, Only 20,000 miles, Full service history, One Owner, Air Con, Alloys, Climate control and more	£6499 or £26pw
(12)	Mini Cooper Coupe, in Saturn, 1 owner, service history, lovely looking vehicle, half leather, alloys, air con, and more	£6499 or £26pw
(15)	Toyota Aygo X-Play 5DR, in White, Air con, One owner, Full Toyota history, Low mileage with full electric pack and more	£6699 or £27pw
(63)	Mazda 2 Venture Edition 5DR, stunning car, full mazda history, low mileage, £30 Road Tax, air con, top spec with extras	£6699 or £27pw
(64)	Kia Rio VRT 5DR, full service history, remainder of 7 year warranty, £30 RFL, Bluetooth, climate control, full electric pack	£6699 or £27pw
(11)	Nissan Juke Visia 5DR, in silver, only 35,000 miles, air con, iPod connectivity, great value, alloys, full elec pack	£6699 or £27pw
(14)	Hyundai i20 Active 5DR, in Grey, Only 10,000 miles, £30 Road Tax, Service history, up to 60mpg, low insurance, economical	£6699 or £27pw
(63)	Vauxhall Corsa Limited Edition 5DR in white with black roof and black alloys, full Vauxhall history, one owner air con top spec	£6699 or £27pw
(11)	Honda CR-Z i-VTEC IMA GT hybrid, in black, pan roof, full leather, alloys, parking sensors, air con, top spec, rare car	£6999 or £29pw
(09)	Honda Civic i-VTEC Type S GT, only 30,000 miles, One owner, air con, alloys, cruise control, top spec, loads of extras	£6999 or £29pw
(14)	Kia Venga 2 Ecodynamics 5DR, in black, air con climate control, ipod connectivity, immaculate condition inside and out	£6999 or £29pw
(11)	Ford C-Max Titanium 5DR MP, in black, alloys, air con, full ford history, one previous owner, full electric pack, top spec	£6999 or £29pw

CARS FROM £30 PER WEEK

(63)	Volkswagen Golf Match Diesel 5DR, in black, only 30,000 miles Full VW history, one previous owner, parking sensors alloys	£8999 or £45pw
(12)	Ford Mondeo Titanium X Business Edition Diesel Automatic, in Black, 1 Owner, Full Service History, Fully Loaded	£9699 or £48pw
(62)	Honda CRV Vtec SE, 1 Owner, Full Service History, Alloy Wheels, Parking Sensors, Air Conditioning full electric pack	£9699 or £48pw
(13)	Renault Megane GT Line Convertible tomtom, in grey, full Renault history, one owner, sat nave Bluetooth, half leather	£9999 or £50pw
(14)	Vauxhall Zafira Tourer SRI Diesel, only 28,000 miles, One Owner, Full Vauxhall history, top spec, climate control	£9999 or £50pw
(13)	Peugeot 5008 E-HDI Allure Diesel Auto, in Silver, One Owner, Full Peugeot history, Pan Roof, Cruise/Climate control Top Spec	£10699 or POA
(61)	BMW 5 Series M-Sport Estate, in blue, many factory extra's including full leather, 1 owner, FSH, stunning looking vehicle	£10999 or POA
(12)	Ford Fiesta ST-2, in Red with grey alloys, immaculate, full service history, 0-60mpg in 6 seconds, Recaro leather seats	£10999 or POA
(13)	Nissan Qashqai 360 Diesel, in black, camera, £30RFL, Nav, Bluetooth, Pan roof, Alloys, One Owner, Full Nissan history	£11499 or £POA
(12)	Peugeot RCZ GT HDI Diesel Coupe, 1 Owner, Full Service History, Full Electric Leather Heated Seats, Low Mileage Stunning Car	£11499 or POA
(11)	Honda CR-V i-DTEC EX Estate, in silver, Sat Nav, Full leather, Bluetooth, Pan Roof, Alloys, Sensors, Top Spec with loads of extras	£11999 or POA
(62)	Kia Sportage CRdi 2 Diesel, in white, Pan roof, half leather, full kia history, remainder of 7 year warranty and more	£12499 or POA
(12)	Lexus Ct 200h F sport Auto 5DR, in black, electric hybrid, one previous owner, £0 Road tax, up to 70mpg, low mileage, top spec	£12699 or POA
(58)	Land Rover Discovery 3 XS "HSE SPEC" 7 seater Diesel Auto, in navy blue, full service history, sat nav, leather and more	£12999 or POA
(11)	Audi TT TFSI Sport Convertible, in black with grey alloys, only 22,000 miles, full Audi history, xenons, top spec, immaculate	£12999 or POA
(13)	Mercedes Benz C Class Coupe C250 Cdi Auto, in black, climate/cruise control, Bluetooth, Xenon lights, Nav Ready, Auto lights	£15999 or POA
(64)	Volkswagen Toureg V6 R-Line TDI Auto DSG, in white, one owner, service history, only 25,000 miles, nav, Bluetooth, top spec	£26999 or POA
(10)	Audi R8 Spyder V10 5.2L Quattro auto, in black, Nav, Climate, Bluetooth, Bang & Olufsen sound system, sport suspension	£62999 or POA

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CAR OF THE WEEK

2010 Mini Hatch Cooper D Cooper D Camden 3dr



£7,995

40,000 miles, ABS, air conditioning, parking sensors, remote central locking, multiple airbags, half leather, electric windows, CD player, power steering, cruise control, electric mirrors

2012 Peugeot RCZ Thp GT



£9,995

60,000 miles, ABS, air conditioning, parking sensors, heated seats, electric windows, multiple airbags, Bluetooth, full leather, satellite navigation, electric mirrors, power steering, cruise control, memory seats, remote central locking, CD player

2013 Mini Clubman Cooper



£8,995

51,000 miles, ABS, air conditioning, electric mirrors, multiple airbags, parking sensors, remote central locking, power steering, electric windows, CD player

2011 Nissan Juke Visia 5dr



£7,395

43,000 miles, ABS, electric windows, parking sensors, multiple airbags, electric mirrors, remote central locking, power steering, air conditioning, CD player

EXECUTIVE

2013 (13) Volkswagen Polo Gti 1.4 DSG

Alloy wheels, air con, bluetooth, sat nav, parking sensors, cruise control, remote locking, e/windows, e/mirrors, 57,000 miles, great example
was £10,995 now £9,995

2012 (12) Peugeot RCZ 1.6,

grey, alloy wheels, air con, heated leather seats, sat nav, cruise control, parking sensors, remote locking, e/windows, e/mirrors, 60,000 miles
was £10,995 now £9,995

2010 (10) Mini Cooper Camden D 1.6 Diesel,

grey, alloy wheels, air con, cruise control, Bluetooth, parking sensors, half leather, £20 a year tax, remote locking, e/windows, e/mirrors, 40,000 miles only
was £8,995 now £7,995

2010 (60) BMW 318i SE,

red, alloy wheels, e/windows, e/mirrors, air con, half leather, parking sensors, main dealer history, remote central locking, 65,000 miles
was £8,495 now £7,995

2009 (09) Mercedes CLC 200 Cdi Sport Automatic

silver, alloy wheels, air con, cruise control, parking sensors, e/windows, e/mirrors, two tone leather interior, CD player, 47,000 miles
was £9,495 now £8,495

2005 (05) Mercedes SLK200 Kompressor,

blue, alloy wheels, air con, remote locking, heated leather seats, cruise control, parking sensors, e/hood, e/windows, e/mirrors, one owner, 57,000 miles only
was £8,995 now £7,495

2010 (10) Fiat 500 1.4 Abarth,

pearl white, alloy wheels, air con, remote locking, full leather seats, Bluetooth, e/windows, e/mirrors, CD player, 43,000 miles only
was £7,995 now £6,995

SALOON & HATCHBACK

2013 (13) Mini Clubman Cooper 1.6,

blue, alloy wheels, air con, remote locking, parking sensors, e/windows, e/mirrors, one owner, 51,000 miles
was £9,995 now £8,995

2012 (61) Ford Focus Titanium Automatic,

red, remote central locking, air con, e/windows, e/mirrors, alloy wheels, cruise control, parking sensors, CD player, bluetooth, voice command, 41,000 miles
was £8,495 now **SOLD**

2011 (11) Nissan Juke 1.6,

red, alloy wheels, air con, remote locking, cruise control, Bluetooth, e/windows, e/mirrors, 43,000 miles
was £7,995 now £7,395

2011 (11) Vauxhall Astra 1.4,

red, alloy wheels, air con, cruise control, e/windows, e/mirrors, CD player, 44,000 miles
was £7,695 now £6,395

2012 (62) Hyundai i10 1.2,

silver, air con, central locking, e/windows, CD player, 26,000 miles only, £20 a year tax
was £5,395 now £4,695

2011 (60) Peugeot 207 1.4,

silver, alloy wheels, air con, remote locking, e/windows, e/mirrors, CD player, 43,000 miles only
was £4,995 now £4,495

2012 (12) Hyundai i10 1.2,

black, air con, central locking, e/windows, CD player, one owner, black, 37,000 mile, £20 a year tax
was £4,995 now £4,395

2011 (11) Hyundai i10 1.4,

blue, alloys, air con, central locking, e/windows, e/mirrors, £30 a year tax, 55,000 miles
was £4,995 now £3,995

2010 (60) Nissan Note 1.4,

red, remote locking, e/windows, CD player, 65,000 miles
was £4,995 now £3,995

2005 (05) Ford Focus 1.6 Ghia,

silver, alloy wheels, air con, remote locking, full leather seats, e/windows, e/mirrors, 43,000 miles only
was £2,995 now **SOLD**

FAMILY CARS

2010 (60) Nissan qashqai 1.6,

blue, alloy wheels, air con, remote locking, cruise control, parking sensors, e/windows, e/mirrors, CD player, 51,000 miles
was £8,495 now £7,495

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2012 (12) Peugeot 308 SW 1.6 Diesel,
blue, alloys, air con, r/locking, cruise control, e/window, e/mirrors, cd player, 24,000 miles, one owner
was £7,995 now £6,995

2011 (11) Hyundai ix20 Active CRDi,

grey, alloy wheels, e/windows, e/mirrors, air con, parking sensors, CD player, bluetooth, remote central locking, 28,000 miles
was £6,995 now £6,495

2010 (60) Citroen C3 Picasso 1.6 Hdi,
green, alloy wheels, air con, remote locking, parking sensors, cruise control, e/windows, e/mirrors, £30 a year tax, 32,000 miles
was £6,995 now £5,995

2007 (07) Citroen C4 Picasso 2.0 Auto

blue, alloy wheels, air con, remote locking, e/windows, e/mirrors, 7 seater, ideal family car, 82,000 miles
was £3,995 now £2,995

2008 (08) Renault Scenic 1.6

Black, alloy wheels, air con, remote locking, e/windows, e/mirrors, CD player, 59,000 miles
was £3,495 now £2,495

AUTOMATICS

2013 (13) Volkswagen Polo Gti 1.4 DSG

Alloy wheels, air con, bluetooth, sat nav, parking sensors, cruise control, remote locking, e/windows, e/mirrors, 57,000 miles, great example
was £10,995 now £9,995

2009 (09) Mercedes CLC 200 Cdi Sport Automatic

silver, alloy wheels, air con, cruise control, parking sensors, e/windows, e/mirrors, two tone leather interior, CD player, 47,000 miles
was £9,495 now £8,495

2010 (60) Smart for Two

silver/blue, auto, e/windows, panoramic roof, CD player, alloy wheels, 37,000 miles
was £5,495 now £4,695

2007 (07) Citroen C4 Picasso 2.0 Auto

blue, alloy wheels, air con, remote locking, e/windows, e/mirrors, 7 seater, ideal family car, 82,000 miles
was £3,995 now £2,995

IDEAL FIRST CARS

2009 (58) Mini Cooper 1.6,

silver, alloy wheels, e/windows, e/mirrors, half leather colour coded body, CD player, air conditioning, 46,000 miles
was £6,495 now £5,495

2009 (09) Ford Fiesta 1.4 TDCi,

purple, alloy wheels, air con, remote locking, parking sensors, e/windows, e/mirrors, 34,000 miles only, £20 a year tax
was £5,995 now **SOLD**

2012 (62) Vauxhall Corsa 1.2,

green, white, alloy wheels, white stripes, air con, remote locking, e/windows, e/mirrors, CD player, 46,000 miles
was £5,995 now **SOLD**

2010 (10) Ford Fiesta 1.2

black, air con, r/locking, e/windows, e/mirrors, 50,000 miles
was £5,995 now £4,995

2010 (60) Smart for Two

silver/blue, auto, e/windows, panoramic roof, CD player, alloy wheels, 37,000 miles
was £5,495 now £4,695

2008 (08) Renault Clio 1.2,

5 door, blue, alloy wheels, air con, remote locking, e/windows, e/mirrors, CD player, 69,000 miles only
was £3,995 now £3,695

2008 (58) Daihatsu Sirions 1.0,

red, remote central locking, e/windows, CD player, air con, 41,000 miles
was £3,995 now £3,495

CONVERTIBLES

2005 (05) Mercedes SLK200 Kompressor,

blue, alloys, air con, r/locking, heated seats, cruise control, parking sensors, e/hood, e/windows, e/mirrors, one owner, 57,000 miles
was £8,995 now £7,495

2009 (09) Mini Cooper Convertible 1.6,

black, alloy wheels, air con, full leather seats, remote locking, e/windows, e/mirrors, e/hood, 33,000 miles only
was £6,995 now **SOLD**

2008 (58) Ford Focus 2.0 CC-3,

red, alloy wheels, air con, half leather seats, heated seats, cruise control, parking sensors, e/retractable hard top, e/windows, 29,000 miles only
was £5,995 now £5,495

2007 (07) Peugeot 307 cc 2.0,

blue, alloys, air con, r/locking, leather seats, parking sensors, e/windows, e/power hood, e/mirrors, 6 disc changer, 80,000 miles
was £3,995 now £2,995

PART EXCHANGE

2006 (06) Renault Scenic 1.5 Diesel,

blue, alloys, air con, panoramic roof, 110,000 miles
£1,500

2012 Hyundai i10 Classic 5dr



£4,695

26,000 miles, ABS, air conditioning, CD player, multiple airbags, electric windows, power steering, central locking

2012 Hyundai i10 Classic 5dr



£4,395

37,000 miles, ABS, air conditioning, CD player, multiple airbags, electric windows, power steering, central locking

2011 Hyundai i10 Active 5dr



£3,995

55,000 miles, ABS, air conditioning, remote central locking, multiple airbags, electric windows, CD player, power steering, electric mirrors

2010 Nissan Note Visia



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Membership Advisor

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As a Membership Advisor you will play a vital role within our business. You will love meeting new people, have great listening skills and demonstrate the ability to build relationships. You will be self motivated, professional, energetic, have a positive attitude and be focused on encouraging the community to use the Centre.

In return the successful candidate will receive full training and guidance on the Centre's facilities and how to handle enquiries from prospective members.

Responsibilities include:

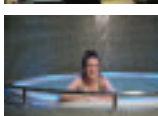
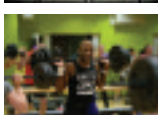
- Showing potential members around our facilities, answering questions and providing information on the types of memberships on offer;
- Using your enthusiasm and knowledge, alongside the information provided, to sign up these potential members into actual members;
- Dealing with new membership enquiries via phone, e-mail and walk in;
- Taking a proactive approach to generating new business, including cold-calling and outreach;
- Following up on leads and referrals to generate new prospects and appointments within the local residential and business community;
- Assisting in running promotions and sales initiatives to positively influence individuals of all ages and backgrounds, to sign up for a healthy lifestyle.

If you feel you have the skills, enthusiasm and focus we are looking for, we would love to hear from you.

For more information on this role, and to apply for this position, please email your CV and covering letter outlining why you would be best suited to fulfil this role to: careers@harlowleisurezone.co.uk Alternatively, you can access an application form online at www.harlowleisurezone.co.uk

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Bishop's Stortford College

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REGISTERED SCHOOL NURSE (PART-TIME)

REQUIRED FOR SEPTEMBER 2017

The College seeks to appoint a Nurse to join our existing medical team. Reporting to the Lead Nurse, the job holder will be responsible, as part of a team, for providing routine treatment and first line medical care to pupils.

The working hours will be 18 hours per week over three days to include Saturdays during term time, and an additional one night 'on call' from home.

CLOSING DATE: **Monday 15th May 2017**

For an information pack and application form please email:

HR at hr@bishopsstortfordcollege.org



Building Confidence for Life

We are an equal opportunities employer and are committed to safeguarding and promoting the welfare of children; references will be taken prior to interview and an enhanced DBS check is required.



Heath Mount School

Head of Science

Heath Mount is a thriving IAPS day and boarding Preparatory School with over 470 pupils aged 3 to 13. Our School is a forward-thinking co-educational environment located within the idyllic Woodhall Park Estate in Hertfordshire.

From September 2017 (or January 2018), a superb opportunity exists for an inspirational, experienced and suitably qualified teacher to lead our very successful Science Department. The position involves teaching children in Key Stages 2 and 3 and overseeing the curriculum throughout the school. This exciting role would suit an experienced Leader of Science, or an outstanding science teacher who is ready to lead a department. The School has its own generous pay scales and outstanding professional development opportunities, and staff are eligible for a discount on their children's school fees.

Closing date for applications: **Thursday 11th May 2017**
Interviews will be held w/c 15th May 2017

The School is committed to safeguarding and promoting the welfare of children and young people and expects all staff and volunteers to share this commitment. Applicants will be required to undergo child protection screening appropriate to the post, including checks with past employers and the Disclosure and Barring Service (DBS).

Further details and an application form can be downloaded from www.heathmount.org, or call 01920 830230.



Heath Mount School

Reception or Year 1 Class Teacher

Heath Mount is a thriving IAPS day and boarding Preparatory School with over 470 pupils aged 3 to 13. Our School is a forward-thinking co-educational environment located within the idyllic Woodhall Park Estate in Hertfordshire.

From September 2017, a superb opportunity exists for an inspirational and suitably qualified teacher to join our Pre-Prep department. The position involves teaching children in either Reception or Year 1 depending on experience. We are looking for an ambitious individual who is an outstanding classroom practitioner. The successful candidate will be a well-qualified graduate with strong literacy and numeracy skills. Applications from NQTs are welcome.

Closing date for applications: **Monday 15th May 2017**
Interviews will be held w/c 22nd May 2017

The School is committed to safeguarding and promoting the welfare of children and young people and expects all staff and volunteers to share this commitment. Applicants will be required to undergo child protection screening appropriate to the post, including checks with past employers and the Disclosure and Barring Service (DBS).

Further details and an application form can be downloaded from www.heathmount.org, or call 01920 830230.



RESEARCH & DEVELOPMENT TECHNOLOGIST

A long-established Company based in Epping, specialising in the processing of natural food ingredients is seeking a Research & Development Technologist to join a small technical team. Reporting to the

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Report writing and attention to detail is required.

The technologist will also be responsible for record keeping, equipment calibration and other general laboratory duties. We are looking for candidates who are interested in working in a laboratory environment and have some practical food chemistry experience. A full induction programme will be provided to the successful candidate. For the right candidate, there would be future opportunities for career progression.

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Please send your CV in the first instance to **Mrs Jenny Mayes-Tanner, Group Technical Manager, Arthur Branwell & Co. Ltd., Bronte House, 58-62 High Street, Epping, Essex CM16 4AE** or via email to jennymayes-tanner@branwell.com

The Hertfordshire & Essex High School and Science College

CARETAKER

37 hrs a week + lettings' hours/Salary: £20,016 pa + lettings' pay

Required as soon as possible, a caretaker to assist the Facilities Manager in all aspects of the caretaking and maintenance services of a secondary school. We are looking for someone who is active, reliable, and who would enjoy working with people and taking a pride in providing a pleasant environment for staff and students. Previous experience preferred but not essential. We operate an early/late shift pattern. Details are in the job description on our website.

Further details and an application form are available on our website or from the school. **Deadline for receipt of applications is midday on Tuesday 16 May 2017.**

The school is committed to safeguarding and promoting the welfare of young people and expects all members of staff to share this commitment. Full employment checks and an enhanced DBS disclosure are required for all posts.

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Principal duties are: to manage and motivate a team of staff and to take responsibility for the management of the divisional budget and training.

The successful applicant will possess: experience in a managerial role; the ability to promote team working; the ability to prioritise work and meet deadlines; proficient IT skills; commercial awareness of budget and cost management.

To apply please visit: www.usdaw.org.uk/jobs, e-mail jobvacancies@usdaw.org.uk or telephone the HR Section on **0161 249 2457**, quoting **Ref: 587**.

Closing date: **noon on Friday, 12 May 2017.**

CVs are not accepted. No agencies please.

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Birchwood High School

Parsonage Lane,
Bishop's Stortford CM23 5BD
Principal: Dr Chris Ingate

Finance Assistant

8.30am to 2.30pm Monday to Friday
Term-time only
Pay Scale 3 (£16,781 to £17,772) pro rata

We are looking to appoint someone with excellent maths skills to work with our Finance Team to undertake a range of tasks principally maintaining the purchase ledger (order and invoice processing), online ordering, staff expenses and supporting the school's Finance Manager in ensuring the efficient running of the Finance Office.

The successful candidate will possess excellent personnel, mathematical, administration and computer skills, with previous experience working within financial regulations. Microsoft Office, together with knowledge of computerised account systems is essential.

There is a requirement that the successful candidate will possess a suitable qualification in Maths and English to GCSE Grade C or equivalent.

For an application pack please visit our website, telephone the school on 01279 655936 or email recruitment@birchwoodhigh.org.uk

Closing date: **Thursday 18 May 2017.**

Please note that in order to be considered candidates must complete an application form.

We are an equal opportunities employer and we are committed to safeguarding and promoting the welfare of our students. The successful candidate will be subject to an enhanced Disclosure & Barring Service check.

www.birchwoodonline.co.uk

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37.5 Hours per week

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We are looking for reliable, customer-focused individuals to join our rapidly expanding business as a Vending Operator. In this physically demanding role based at Stansted Airport, you will be responsible for stocking and maintaining our hot drink, snack and can vending machines.

MAIN DUTIES:

- Stock machines in accordance with schedules provided
- Ensure all machines are cleaned and maintained to a high standard
- Ensure the hygiene of the hot drink machines is maintained to a high standard
- Taking accurate readings from various machines
- Minimise wastage through stock rotation
- Place stock orders with the warehouse
- Report all faults to the Help Desk in a timely manner
- Work alongside the Operations Team to ensure that the best customer service is delivered

TECHNICAL COMPETENCIES:

- Excellent communicator
- A dedicated team player
- Flexible
- Proactive
- Previous vending experience would be preferred but is not essential

For this role you will not require a vehicle however we do provide free parking on site for staff.

As this role is based from Stansted Airport, the successful candidate will need a security pass. This involves being able to provide address and a full work history to cover the last five years. You will also require a DBS Check (previously CRB check). To apply email your CV to kim.keighron@brodericks.co.uk



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Heath Mount School

Head of Science

Heath Mount is a thriving IAPS day and boarding Preparatory School with over 470 pupils aged 3 to 13. Our School is a forward-thinking co-educational environment located within the idyllic Woodhall Park Estate in Hertfordshire.

From September 2017 (or January 2018), a superb opportunity exists for an inspirational, experienced and suitably qualified teacher to lead our very successful Science Department. The position involves teaching children in Key Stages 2 and 3 and overseeing the curriculum throughout the school. This exciting role would suit an experienced Leader of Science, or an outstanding science teacher who is ready to lead a department. The School has its own generous pay scales and outstanding professional development opportunities, and staff are eligible for a discount on their children's school fees.

Closing date for applications: Thursday 11th May 2017
Interviews will be held w/c 15th May 2017

The School is committed to safeguarding and promoting the welfare of children and young people and expects all staff and volunteers to share this commitment. Applicants will be required to undergo child protection screening appropriate to the post, including checks with past employers and the Disclosure and Barring Service (DBS).

Further details and an application form can be downloaded from www.heathmount.org, or call 01920 830230.



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ITEMS FROM THE PRE 1970s
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MUST BE PRE 1970s - I WOULD TAKE ITEMS AFTER THE 70s IF PART OF AN ENTIRE COLLECTION.
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Baby & Nursery Equipment

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WANTED

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any condition and anything older than 1980 will be considered. town bikes, tandems, shoppers, choppers, racers, tri-cycles etc. adults and children. #NO MOUNTAIN BIKES # local man will collect and pay cash
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MAN UTD Curtains, bedside lamp, ceiling lampshade, clock and bean bag £35 Tel: 07736 165651

4.6 bed, mattress & headboard Double bed base, mattress, white wooden headboard. Buyer collects whole lot £65 07979 578404 07932 464206

BED small double bedstead in chocolate brown faux leather with matching headboard. Occasional use only guest bed. £40.00 01438 230975 07901 656455

BOOK ONLINE and save time

Beds, Bedding, Bedrooms

BEDSIDE Cabinets 2 wood bedside cabinets, each with 3 drawers. £30.00 07979 578404 07932 464206

HEADBOARD Contemporary style Light Oak slatted headboard 150cm Double bed size £10 01462 812582

Carpets & Rugs

HALL RUNNERS heather mixture shag pile 'hall runners'. 12' each measures 60x230, good condition, will separate if only 1 needed £40 or 01245 258329

SHAG PILE large rug 160x230, natural colour slumber design from dunelm mill. £25 Tel: 01245 258329

Computer Accessories

DELL OPTIPLEX 390 MT PC Intel i3 2120@3.3GHz processor 4GB Ram 500GB HDD Windows 7 Microsoft Office (word excel etc.) Add £20 for 19" widescreen monitor, keyboard & mouse £85 Tel: 01245 422009 or 07795 554137

2 SHELF UNIT for COMPUTER Black tubes & shelves. 2 Shelf Unit on Casters. HxWxD = 71x60x35 cm. BRENTWOOD. £12 Tel: 01277 223377

3 SHELF COMPUTER UNIT Black metal tubes, Black Ash finish to work. On casters. Size HxDxB = 86x35x50 cm. 3 different models available. £12 Tel: 01277 223377

3 SHELF UNIT for COMPUTER Black Tubes and Shelves, 3 shelf unit w/casters. HxWxD = 91x64x32 cm. BRENTWOOD £12 Tel: 01277 223377

COMPUTER DESK with sliding shelf for keyboard, in excellent condition. £15.00 Tel: 01702 231002

marketPLACE

Curtains & Blinds

INTERIOR BLINDS

All types Call Martin on 01279 726088 07836 702734

CURTAIN TRACK

and Valance Rail 96 inches long in one piece can be trimmed to size, complete with gliders and wall brackets. £10.00 Tel: 07866 612096

Venetian Blinds Wood-effect Premium wood-effect light coloured Blind extra wide 180cm x 160cm 6ft x 5ft 3 inches. Wipe clean finish. Twist wand mechanism Used but in excellent condition. Originally purchased from JD Williams for £119.20 available. £35 each or Very near offer. Located in Bishop's Stortford, Herts. £35.00 01279 830745 07966 230279

Dining Furniture

DINING ROOM Table Round drop leaf with 3 chairs 36 inches diameter 29 inches high. Light coloured wood sturdy base, collect from Romford area. £45.00 Tel: 07866 612096

BLIND LOVELY fully lined blind professionally made cream with pink/gold stripe, very attractive, size 74" wide x 34" drop vgc £20 Tel: 01277 652018

NEST of three tables. A nest of 3 rectangular small tables, dark wood, in good condition. Largest table, 14" by 20" by 19" high. £34 Tel: 01245 265754 or 07944 258354

EDWARDIAN MAHOGANY SIDEBORD

A lovely piece of antique furniture dating from the Edwardian era and made using mahogany. Solid and sturdy, in very good condition. 2 cupboards and 2 drawers. 150cm wide x 50cm deep x 94cm high. Collect Maldon. £150.00 Tel: 07785781074

ANTIQUE OVAL mirror with a lovely oak oval frame, in good condition size 19" by 29". £15 Tel: 01245 265754 or 07944 258354

EROL TABLE 1960's dark wood fold down table. When folded measures 24"x45". Each fold down part is 12". £80 Tel: 01277 821149

OAK LAMPSTAND. All oak lampstand, 5' high, lovely ornate turned stem, has a cream lampshade £12 Tel: 01245 265754 or 07944 258354

UTILITY SIDEBORD 1940's approximately 46" wide medium coloured, four drawers and two cupboards with shelves £30 Tel: 01277 652018

Dining Furniture

KITCHEN MIXER tap White Astracast kitchen sink mixer tap & fittings. TP0047 P. Never been used. £25.00 Tel: 07944 258354 or 01245 265754

LEAD DRESSER. This is a professional tool which any plumber would be pleased with. Please ring for viewing times. £5.50 Tel: 07732 160133

NUMATIC VACUUM CLEANER, W575 Industrial, Wet & Dry, Fine Particle Filter, Dust bags, Steel nozzles VGC £75.00 Tel: 01277 223913

PETROL UNLEADED Generator 1.1 KVA 4-Stroke 250v Shown working with tools. Unused, unwanted present. OFFERS OVER £100 Daytime only. £100 Tel: 01245 400026

PLASTERERS HAWK. Plasterers hawk is used to hold material for coating a wall. Please ring for details and viewing. I is made of durable plastic. £5.25 Tel: 07732 160133

WOODEN WINDOW 815 wide X 1200 high, opening window and fan-light. Could be used in a garage or outbuilding. £35.00 Tel: 01702 231002

4-WHEEL TROLLEY With Steering, ball-bearing wheels and pneumatic tyres. Good condition. £95 Tel: 01245 400026

FIRE DOOR Complete with all furniture, 4 inch hinges (3 off), also auto door closer 30" x 68" £30 Tel: 01277 264919

LADDER WOODEN 18ft Two 11ft Sections which form an 18ft ladder, extended £30.00 Tel: 01277 223377

LEARN SPANISH. Complete course in a carry case. Please ring for details and viewing times. £20.00 Tel: 07732 160133

PILLAR TAPS Brand new never used. Bought for a now abandoned project. Suitable for a utility room or similar. £10.00 Tel: 01702 231002

ROPES. THESE ropes are well used. One is 13m long. Three are 28m long. Please ring for viewing times. £70.00 Tel: 07732 160133

STILSONS 22 inch stilsons. Very strong I have only used them a couple of times. Please ring for viewing. £25 Tel: 07732 160133

VERTICAL SLIDING Sash Weights 2 X 6.5 pounds, 2 X 6 pounds. They were used on sash windows. £20.00 Tel: 01702 231002

FENCE PAINT. 5lts of rustic red preservative paint. EA Tel: 07732 160133

FENCE PAINT. 5ltr Can of Rustic Red. Please ring or text for viewing. £4.50 Tel: 07732 160133

GOLD LEAF imitation 14cmx14cm, pack of 100 £4.00 Tel: 07754 527460

YORKSTONE BRICKS and hearth from a dismantled fireplace, vgc £30 Tel: 01277 652018

QUANTITY OF Wood, Fire. Saw required. £1 Tel: 01376 573995

DIY & Tools

STAINLESS STEEL Sink Single bowl, reversible - no waste. Tap- ed for single mixer tap. Overall 950 x 508mm, Bowl 420 x 350 x 180mm. Brand new still in packaging. £35.00 Tel: 01245 380915 or 07860 137017

INDUSTRIAL TYPE Clothing Dickies thermal padded overalls & Dickies thermal padded high-vis coat, as worn by police and security, both vgc. £30 each. £30 Tel: 01245 400026

NET BALL Basket complete with adjustable pole up to 3mts. Base unit to be filled with water for stability. Folding design and can be fitted with back wheels. £20.00 Tel: 01277 264919

BILGE PUMP Patay bilge pump. Double action hand operated very good order. Needs suction and delivery hoses. Please ring for viewing £40.00 Tel: 07732 160133

CATALOGUE CASE This is a strong lockable which can be used for storage or whatever. Please ring for viewing times. £20 Tel: 07732 160133

CIRCULAR SAW 240V power lead and wood blade in good working condition. Collection from Great Broad, Cheshamford £30.00 Tel: 07754 972942 or 01245 476144

CLASSICAL MUSIC. The Great Musicians. Cannot be found in any retail outlets. 7 Volumes complete. Please ring for viewing. £20.00 Tel: 07732 160133

EXTENSION LADDER Heavy duty double 28' extend LADDER (approx 24') Hardwood sides/aluminium rungs. £75.00 Tel: 01245 472175 or 07986 386669

GARDEN ROLLER. Heavy duty garden roller made by Scoffin & Willmott of the Ironcrete Works. Please ring for details and viewing. £50 Tel: 07732 160133

GARDEN FENCE Panels Three new fence panels new (over ordered) 5ft x 6ft not been used, we managed to over order £30.00 Tel: 01277 264919

GEORGIAN STYLE window PVC Georgian style window & sill, 1180mm x1010mm x70mm. Very good condition. £38.00 Tel: 01245 265754 or 07944 258354

DIY & Tools

KITCHEN MIXER tap White Astracast kitchen sink mixer tap & fittings. TP0047 P. Never been used. £25.00 Tel: 07944 258354 or 01245 265754

LEAD DRESSER. This is a professional tool which any plumber would be pleased with. Please ring for viewing times. £5.50 Tel: 07732 160133

NUMATIC VACUUM CLEANER, W575 Industrial, Wet & Dry, Fine Particle Filter, Dust bags, Steel nozzles VGC £75.00 Tel: 01277 223913

PETROL UNLEADED Generator 1.1 KVA 4-Stroke 250v Shown working with tools. Unused, unwanted present. OFFERS OVER £100 Daytime only. £100 Tel: 01245 400026

PLASTERERS HAWK. Plasterers hawk is used to hold material for coating a wall. Please ring for details and viewing. I is made of durable plastic. £5.25 Tel: 07732 160133

WOODEN WINDOW 815 wide X 1200 high, opening window and fan-light. Could be used in a garage or outbuilding. £35.00 Tel: 01702 231002

4-WHEEL TROLLEY With Steering, ball-bearing wheels and pneumatic tyres. Good condition. £95 Tel: 01245 400026

FIRE DOOR Complete with all furniture

Home Appliances

DISHWASHER

In working order, house move causes sale.

£75 ono

Tel: 01245252537

DYSON DYSON DC04 upright cleaner for sale ideal for spares or motor not working £20.00 Tel: 01245 443992

5 RING gas hob beatumatic 5 ring gas hob with electronic ignition £50 ono Tel: 01245 258965

KITCHENHOUSING UNIT housing unit suitable for double oven £40 ono Tel: 01245 258965

Household Miscellaneous



WANTED BEDROOM FURNITURE

Wardrobes
beds
Chest of draws
Dressing tables ect
I will collect and pay cash
For a fast and friendly service
Please call Robert on

£1

Tel: 07725040930

BRAND NEW Office Desk Ikea E-fekty R H corner desk 180x80x120cm (63x32x48inches) plus ect 80x80cm. Light Oak/Beech. Support frame. Adjustable height legs. Still wrapped. £65 ono Tel: 01245 223835

CARDBOARD BOXES various sizes secondhand used robust for moving home or longtime storage folded flat for transport collection Great Baddow, Chelmsford. £1.00 each £1.00 Tel: 07754 872942 or 01245 476144

FILING CABINET Wood effect filing cabinet. 4 silver handles. 32H x 24W x 28H Excellent condition with matching hanging paper can be used. £25 Tel: 01277 821149

GOLF PRINT authenticated Framed print 107cm x 57cm, 8th tee Druids Glen 131250 signed by the artists Joseph Kelly and Robert Ballagh £35 Tel: 01245 351615 or 07843 630855

LIMITED EDITION PRINTS x 2 by Mary Farl Powers (1948-1982) signed in pencil to image, abstract formation, 36" x 29" very sought after prints as very small editions, each £100 ono Tel: 01277 652018

ROYAL DOULTON Lambethware, Will o' the wisp. (2 items) Milk Jug + Sugar Bowl with lid. Both approx. 4ins tall. Rarely, if ever used. VGC £20 Tel: 01621 854820 or 07756 047022

SPLASH GUARD for bath in glass with chrome edge, good quality. Stops water going on the floor when used as a seal against the wall with a shower curtain. £10 Tel: 01277 226427

TABLE RUNNERS with tassels x 5. Burgundy Jacquard floral weave design 35x200cm individually packaged. Ideal for wedding or party event. £3 each or all for £12 Tel: 01245 465632

AUTUMN LEAVES Dinner/tea ware approx 45 pieces large and small teapots, sugar bowl, jugs, tea/coffee cups, saucers, and many more £25 Tel: 01277 652018

BUTLER SINK. Good quality. Length 595mm, Width 455mm, Depth 270mm. Only used for a short while. Excellent Condition. £35 Tel: 01245 380892

CHEESE DISH and **COVER** Domed Earthenware, 8 Inch High, 10 Inch Diameter. Flowers and Wickerwork design. BRENTWOOD £50 Tel: 01277 223377

ELECTRONIC Typewriter Sharp Model PA-3030S portable electronic typewriter with memory. Excellent instruction booklet, spare tapes. £20 Tel: 01277 262297

GAS BARBECUE with gas and bottle, plenty coals, excellent working condition, wheels for easy moving around garden. £15 Tel: 07843 630855 or 01245 351615

LARGE CANVAS picture, picture of golden gate bridge, selling due re-decoration. 45" x 35" and a half. 115cm x 88cm £10.00 Tel: 01245 364248

RADIATOR PURMO Single Compact With Brackets. 600 x 400mm, only used for 2 months new condition no chips or marks. £12.00 Tel: 07866 612096

SHABBY CHICK ceiling light shabby chick light, glass ceramic and metal. good condition. 5 arms, pick great lights. £30.00 ono Tel: 01245 364248

Household Miscellaneous

STELLAR SET of three, 18cm, 20cm and 22cm stainless steel induction saucepans, suitable for all hobs, with glass lids, hardly used £30 ono Tel: 01277 652018

BARBECUE WEBER Original Kettle Charcoal Barbecue with cover and an Orinco Gas Recipe Book. £28 Tel: 01245 440087

DOULTON PORCELAIN dinner and tea ware in w white, china blue with gold rim, 52 pieces, never used £45 Tel: 01277 652018

MIRROR in paisley pale green design wood frame. 31" x 21". good condition, will accept offers, this is a bargain. £5 Tel: 01245 469544

TYPEWRITER IMPERIAL 70 in good working condition, can email pictures £10 ono Tel: 01621 741149 or 07946 029899

ANTIQUE COPPER COAL SCUTTLE in very good condition £75 ono Tel: 01277 652018

COPPER PIPE 15mm x 3 meters length, per length £5.50 Tel: 07754 527460

GOLD LEAF imitation 14cmx14cm, pack of 100 £4.00 Tel: 07754 527460

ROAST MEAT Dishes Various sizes and designs. BRENTWOOD Each £10 Tel: 01277 223377

SHREDDER A4 paper shredding machine £1 Tel: 01245 351615 or 07843 630855

WHEEL TRIMS 14" Box of three suitable single axle caravan £5 ono Tel: 01245 699390 or 07831 666628

CAMERA Bag Centro SLR outfit bag, 26x16x17cm, weatherproof, compartmented, three large accessory pockets, extendable shoulder strap with non-slip pad, detachable waist strap, carry handle and detachable tripod straps, quick access hold open velcro and rain protection lid, large document pocket, rubberised base. Never used collection as new. £15 01462 671188

GLASS Cake Stand - Beautiful large glass cake stand. Perfect for wedding or party. Other kitchen utensils, kitchen plaques and casserole dishes are available - all in perfect condition. Please call for further details. £10.00 07855 292125

WINE Glasses - set of ten standard large wine glasses. Perfect condition (never been used). Perfect for Summer parties and BBQ's! £5.00 for the set (can also be sold separately, please call for further details). £5.00 07855 292125

KIDDE Kidde two storey escape ladder 468093 k1-2s 13ft emergency ladder for a 2 storey building easy to use - attaches to most windows new unused £10 01462 812582

TEA, Coffee & Sugar jars - Set of tea, coffee and sugar storage jars. Packaging removed, but never used. White with a small floral detail. £5.00 for the set. £5.00 07855 292125

VINTAGE Boots PT400 portable manual typewriter with hardshell case Good working order plus for the child who wants to copy mum/dad an office activity centre by Petite £15 01462 812582

CIRCULAR Power Saw. Evolution. Powerful 1200 Watt machine. With multi-purpose sawblade. VGC. Almost new. £45 01462 639410 07833 626029

GRACO BOOSTER SEAT. Booster seat with two pull-out cup holders. Black cushion pad. Never been in an accident. Excellent condition. £8 07919 105581

TRAMPOLINE. Large circular trampoline. With sturdy sectional steel frame. Good condition. Great Summer fun for all the family. £45 01462 639410 07833 626029

BLANKET/THROW - Brand new brown 'snuggly' blanket/throw (still packaged). £3.00 07855 292125

Free To Good Home

DOORS EXTERNAL 15 pane wooden door (Georgian style) - fully glazed. Size: 194 x 706 x 44 mm (nominal size). Quantity: 4. Free Tel: 01245 381108

Kitchen Electrical Appliances

HOTPOINT DISHWASHER SMLINE ULTIMA SDW80 45CM FREE STANDING GRAPHITE GREY10 PLACE. SMALL. CUPBOARD TO HANDLE. INSTRUCTION BOOK. GOOD WORKING ORDER & CONDITION. CLEAN NO DENTS. BARCLAY £48 Tel: 01277 362266 or 07881 53425

CANNON CHICHESTER Gas Cooker Cannon Double Gas Oven Burner Cooker with electronic ignition top oven is also the grill glass lid always been reliable collect only £100.00 Tel: 01279 450825 or 07859 934642

HOTPOINT WASHER/DRYER Aquarius Washer Machine and Dryer 1200 rpm Hotpoint have always done the servicing on the machine and in good condition collect only £100.00 Tel: 01279 450825 or 07950 934642

Kitchen Electrical Appliances

HOTPOINT AQUARIUS WASHING MACHINE Model WF541 / 1400 Spin, Graphite Grey, good clean working order with instruction booklets. Absolute bargain £65 Tel: 01277 362266

TASSIMO COFFEE Machine by Bosch, Black & Grey. Good working order. Instruction book, descaler disc and samples of chocolate and oreo pods. Surplus to requirements. £15 Tel: 01245 464275

FRIDGE LEO ELAN A Class Free-standing ltr under worktop. Fully working. Good condition. Buyer to collect from Springfield Chelmsford. £5 Tel: 01245 263440

HOTPOINT TROLLEY Ekco Hostess Royal. Electrically heated food trolley. Great condition inc user instructions. Collection only Chelmsford area. £40 Tel: 01277 107387

LE CREUSET CAST IRON Round Casserole Cook Pot Colour Brown size 26 cm dia 11 cm deep excellent condition hardly used £35 ono Tel: 01277 221068

SMALL WORKTOP fridge small fridge - as new - which sits on a work surface. Used for a couple of weeks. £30 Tel: 01277 375754 or 07720 886181

TEFAL ACTIFRY Healthy low fat cooking with Actifry. Good working order, with instruction and cook book. photo available if required. £50 Tel: 01245 464275

SMALL CURRY'S FRIDGE/FREEZER

White, nearly new, 21in wide x 52in high. Buyer collects. Brentwood area.

£150

Tel: 01277824916

or 07930759697

HOTPOINT FRIDGE Freezer Model FF471 in white. Energy rating A. 160cm tall. Good working order. £35 ono Tel: 01277 222704

MICROWAVE OVEN LG Microwave. Fully working. Good Condition. Buyer to Collect from Springfield Chelmsford £5 Tel: 01245 263440

RIMA RETRO INFRA-RED COOKER Model 903 with instruction and recipe books. £20 Tel: 01245 360744

DOUBLE WALL Lights 6 double globe wall lights. good condition. £5.00 Tel: 01245 250005

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Kitchen Electrical Appliances

WASHING MACHINE Zanussi Essential 7 kg. £30.00 ono Tel: 01376 741673

DISH WASHER Bosch S16 P18 £30.00 ono Tel: 01376 741673

BEKO Fridge Freezer Silver A+ Class Fridge Freezer. Fridge is at the top and has 2 adjustable wire shelves, a salad drawer and 3 door compartments. Dimensions: H 76cm, W 59cm, D 59cm. The freezer underneath has an ice tray, 1 drawer and 1 pull down top fast freeze section. Total dimensions of whole appliance: H 135cm, W 59cm, D 59cm. In perfect working order. £50.00 ono 07778 733619

PANASONIC T545 White Microwave New kitchen means microwave surplus to requirements. Good working order. Micro Power, Turbo Reheat, Auto Reheat, Curry/Chinese/Paste, Auto Cook, Jacket Potatoes/Fresh Vegetables/Fresh Fish, Chaos Defrost £25.00 01992 586420

ELECTROLUX freezer under counter freezer, 3 draws. Good working order £25 07979 578404 07932 464208

GAS Hob, Moffat, white. Unused, still packaged. Harlow. £25 07789 435112

INDESIT washer dryer Water pump needed, offers considered £40 07979 578404 07932 464208

Kitchen Furniture & Fittings

BUTLER SINK. Good quality. Length 595mm, Width 455mm, Depth 270mm. Only used for a short while. Excellent Condition. £35 Tel: 01245 380892

BRASS EFFECT CENTRE LIGHT BRASS EFFECT CENTRE LIGHT WITH FIVE FROSTED GLASS SHADES THREE MATCHING WALL LIGHTS. WITH TWO SHADES £180 Tel: 07768 084325

STANDARD LAMP Brushed bronze, modern style, free standing lamp with complementary shade. Adjustable for reading. Height 5 ft. As new. Photo on request £20 Tel: 07896 230582 or 01245 346158

BRASS SWING ARM FLOOR LAMP BRASS SWING ARM FLOOR LAMP WITH CREAM SHADE TWO MATCHING TABLE LAMPS £100 Tel: 07768 084325

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Lounge & Conservatory Furniture

ARM CHAIR Rich green material arm chair, made by Multi York. Removable covers. Excellent condition. 2 available but sold separately. £35 each. £35 Tel: 01277 821149

DESK SUITABLE for home or office use L120x65xH70 (also have under desk 2 drawer unwooden chair for sale as well as blue chair - prices on request) £20 Tel: 07736 165651

HIGHBACK CHAIR. Vintage large, antique pine, highback grandfather chair. Excellent and in original new condition. Photo on request. £15 Tel: 07896 230582 or 01245 346158

LEATHER 2 seater + armchair Dark brown. Leather 2 seater + matching armchair good condition no marks or tears £75 o.n.o £75 ono Tel: 01245 269123

LEATHER POUFFE 3 x leather pouffe, unused need filling. 1 black, 1 black and grey, one black and dark red £15 each £15 ono Tel: 01245 268218

LIMITED EDITION 40/50 Print by Van Hout of Dutch Townhouse, very attractive 19" x 15" in glass frame, vgc £40 ono Tel: 01277 652018

SOFA KING Size raspberry colour quality fabric, converts to pull out bed with mattress, very comfortable, includes cushions/bolsters, vgc £100 Tel: 01277 652018

STEAMER CHAIR antique upholstered steamer chair, arms slightly worn, otherwise in fair to good condition. £20 ono Tel: 07944 258354 or 01245 265754

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ANTIQUE PINE DESK

19th Century Continental Pine. 2 drawers & pedestals. VGC, not painted. 140cm W x 63cm D x 80cm H. Paid £495 - quick sale! Collect Maldon.

£195

Tel: 07785781074

BROWN LEATHER 2 SEATER SOFA

excellent condition, 18 months old, £200 ono. Brown leather armchair, excellent condition, 18 months old (sold as a pair)

£100 ono

Tel: 01621331708

CHOCOLATE BROWN 3 SEATER SOFA

Leather, clean and comfy with chrome feet - 210cmx100cm - in brentwood and buyer collects

£99

Tel: 07977182171

CONSERVATORY FURNITURE

1 two seater sofa, 2 single arm chairs and breakfast table which comes with two chairs. Contemporary style - neutral colour. Nearly new - immaculate.

£150.00

Tel: 07552651166

or 01277350519

CONSERVATORY FURNITURE

1 two seater sofa, 2 single arm chairs and breakfast table which comes with two chairs. Contemporary style - neutral colour. Nearly new - immaculate.

£150.00

Tel: 07552651166

or 01277350519

WHITE PANEL bi-fold doors. Ideal for bedroom cupboard. Set of 2 three panel internal bi-fold doors. Each door is 194cm high x 74cm wide. Matching set of 2 top cupboard doors. £30 Tel: 0427 107787

COPPER PIPE 15mm x 3 meters, new, per length £5.50 Tel: 07754 527460

PHILIPS TV STAND in polished mahogany and on castors with two shelves and two glass doors. vgc 30" x 20" x 19" £30 Tel: 01277 652018

SHARP TV Large Sharp TV full working order £50.00 ono Tel: 01277 375326

TV STAND Black glass, chrome legs, 3-tier W32" x H21" x D18". £20 Tel: 01277 228366

Lounge & Conservatory Furniture

LEATHER SOFA

Excellent condition - dark brown leather large two seater sofa 180cmx 84cm matching armchair and footstall. was £3000 new.

£250 ovno

Tel: 07802362511

or 07939268571

RISE & RECLINER CHAIR

Dark green fabric. Makers Manual. Very good condition.

£225

Tel: 01376322656

BROWN LEATHER 2 SEATER SOFA

signed by the sculptor D Elton, approximately 5-12" high, vgc £40 Tel

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Lost

LOST DIAMOND RING

I lost in Bishops Stortford on the 9th of December an art deco ring which has huge sentimental value, I believe I found it in an antique shop in Sawbridgeworth recently but they sold this on Easter Saturday, if you bought a ring on that Saturday I would be happy to reimburse you, the ring has been passed through quite a few generations and I'm devastated that its lost.

Christelle Melamud
stelleb69@hotmail.com

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Essex County Council

(On Street) (Waiting, Loading and Parking) (Amendment No.11) Order 201*

Notice is hereby given Colchester Borough Council acting on behalf of the North Essex Parking Partnership in exercise of the delegated powers of the traffic authority Essex County Council granted under an Agreement dated 31 March 2011 proposes to make the above Order under Sections 1(1), 2(1) to (3), 4 (1), 4(2), 32, 35,45,46,49 and 53 and Parts III and IV of schedule 9 of the Road Traffic Regulation Act 1984.

Effect of the Order: To introduce traders permits, virtual visitor permits, carer permits and partnership permits. Amendments also made to The District of Harlow (On Street) (Waiting, Loading and Parking) (Consolidation) Order 2011 ('the 2011 Order')

1. To introduce to Schedule 2 – Charges

Type of Permit/Ticket	Fee (in £s)
Ten 24 hour Virtual Visitor Permits	10
Ten 6 hour Virtual Visitor Permits	6
3 month Trader Permit	90
6 month Trader Permit	180
12 month Trader Permit	300
Carers Permit	30

2. To introduce to Part 1 Citation and Interpretation

Insert definition

“Traders Permit”

“Trader”

“Carer”

“Carer’s Permit”

“Partnership Permit”

“Virtual Visitors Permit”

“telephone or electronic payment system”

Virtual Permit

Virtual permit Holder

“means a virtual resident’s permit, a virtual visitor permit, a virtual a virtual traders permit, a virtual carers permit or a virtual parking partnership permit

“means a person or company/organisation to whom a virtual permit has been issued in accordance with the provisions of the order”

The District of Harlow (On Street) (Permitted Parking Area & Special Parking Area) (Consolidation) Order 2011 will be varied by the above Order.

A copy of the proposed Order and associated schedule is available for inspection at Harlow District Council Civic Centre Watergardens Harlow CM20 1WG and Chelmsford County Library, Market Road, Chelmsford, CM1 1LH during normal office hours. Copies can be acquired on payment at photocopying charges.

Any objections to the proposed Order should be made in writing, stating the ground(s) on which they are made and addressed to; Notice of Intention, North Essex Parking Partnership, PO Box 5575, Colchester, CO1 9LT or by email to parking@colchester.gov.uk by no later than 26th May 2017.

Richard Walker, North Essex Parking Partnership Group Manager, North Essex Parking Partnership, Rowan House, 33 Sheepen Road, Colchester CO3 3WG

(Harlow Road, High Laver)

(Temporary Prohibition of Traffic) Order 2017

Notice is hereby given that the Essex County Council intends, not less than seven days from the date of this notice, to make the above Order under Section 14(1) of the Road Traffic Regulation Act 1984.

Effect of the order: To temporarily close that length of Harlow Road, High Laver in the District of Epping Forest, from its junction with Windhill to its junction with Harlow Road, a distance of approximately 719 m. The closure is scheduled to commence on 6th July 2017 for 2 days, or where stated on a valid permit. The scheduled dates may vary for these works (BC005CB1W00000E0A2XVC09V3 – BT) with appropriate signs showing and/or displayed on www.roadworks.org. The closure is required for the safety of the public and workforce while overhead cabling works are undertaken by BT.

An alternative route is available via Mill Lane, Church Road, Matching Road and vice versa.

The Order will come into effect on 6th July 2017 and may continue in force for 18 months or until the works have been completed, whichever is the earlier.

Dated: 04/05/2017

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Claire Petulengro

YOUR STARS WITH

ARIES MARCH 21 – APRIL 20

I can see from your stars that you can't get someone from your past off of your mind. What I can tell though Aries, is that they are only having a negative effect on what should be a positive frame of mind. It's time stand up and acknowledge who is not good for your life. By doing this you will find your life a much better place to be. Ring now to hear why you're allowed to flirt around the 22nd.

FOR WEEKLY AND MONTHLY READINGS CALL 0911 8532 300 65p PER MINUTE

TAURUS APRIL 21 – MAY 21

The very doors which were closed to you are the ones which will soon open. The question now is do you still want them to open? Aspects suggest maybe not. From the 11th onwards you learn you are meant for much better things in work and this could lead to some of you throwing in the towel where situations no longer do it for you. Ring now for a surprise love forecast.

FOR WEEKLY AND MONTHLY READINGS CALL 0911 8532 301 65p PER MINUTE

GEMINI MAY 22 – JUNE 21

I know you've been finding it hard to relax lately, but I also know you've been unwilling to share your load. Change that this week Gemini and learn to work as a team. It's what your sign was born for. New attractions are forecast to be different from what you have gone for in the past. Go with it. This is the beginning of the rest of your life. Ring me now to make it special.

FOR WEEKLY AND MONTHLY READINGS CALL 0911 8532 302 65p PER MINUTE

CANCER JUNE 22 – JULY 22

Have you been taking on more than you should? Only you can be the one to answer this question with honesty. If you think you have, then this is the week to prioritise. Knowing what and who you want can save you from making mistakes when you are put under unexpected pressure. Ring now to hear how phone calls and texts promise good news.

FOR WEEKLY AND MONTHLY READINGS CALL 0911 8532 303 65p PER MINUTE

LEO JULY 23 – AUGUST 23

I can see that others are lining up to give advice that you didn't ask for and don't even want. This could be to do with the fact that you have cast yourself in somewhat of a needy light. Look around you my friend and you will soon see that you are out the other side of what was bothering you. Time spent going over old paperwork can both earn and save you money. Ring now for a look at love.

FOR WEEKLY AND MONTHLY READINGS CALL 0911 8532 304 65p PER MINUTE

VIRGO AUGUST 24 – SEPTEMBER 22

I can see that you feel as if life has got the better of you. That has a lot to do with the fact that you have been following the lead of others and yet your sign is that of a leader, not a follower. Rectify this and assert yourself. The direction you take with your life, both on a personal and a professional level, should be one of your own choosing. Ring now so I can tell you about a new admirer you've earned.

FOR WEEKLY AND MONTHLY READINGS CALL 0911 8532 305 65p PER MINUTE

LIBRA SEPTEMBER 23 – OCTOBER 23

There is a great deal of indecision in your chart which is casting you as uncertain to the very faces you have spent so much of your time this year trying to convince of your decisiveness. Reworking figures can make something that wasn't affordable, attainable again. Ring now to hear how new towns and countries will soon beckon to your sign.

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SCORPIO OCTOBER 24 – NOVEMBER 21

There is a really addictive feel to your chart and, as that could see many of you indulging in things you shouldn't, it can also give you the energy and ability to focus on making your life a healthier place to be too. Careful of bad mouthing those you don't really know, as the stars show me that it can come back on you. Ring now to hear where your time and energy are best spent.

FOR WEEKLY AND MONTHLY READINGS CALL 0911 8532 307 65p PER MINUTE

SAGITTARIUS NOVEMBER 22 – DECEMBER 20

There is an air of excitement to your stars which will see you willing to do things and take chances which have never previously appealed to you. This is all due to the new and improved energy which Mars is placing within you. Use this week to attempt all of the things you have failed at before. This month could well be the making of you if you do. Ring now for focus and clear vision.

FOR WEEKLY AND MONTHLY READINGS CALL 0911 8532 308 65p PER MINUTE

CAPRICORN DECEMBER 21 – JANUARY 20

I know you have lost a lot of faith in a close one and I can understand why. What I don't understand though Capricorn, is why you continue to placate them. Know when enough is enough and move on with the pride which your sign is so famous for. Knowing what you want from those you deal with in work can save mixed messages and create a shortcut for you. Ring now. I have so much to tell you.

FOR WEEKLY AND MONTHLY READINGS CALL 0911 8532 309 65p PER MINUTE

AQUARIUS JANUARY 21 – FEBRUARY 19

You've been awfully quiet lately Aquarius, but that's because you've been thinking, haven't you? What you're about to find out is that time is on your side, more than you thought. You also discover someone who was not on your side has changed allegiances and it's you they want to give their loyalty and time to. Ring now to hear how long distance travel is written in your stars.

FOR WEEKLY AND MONTHLY READINGS CALL 0911 8532 310 65p PER MINUTE

PISCES FEBRUARY 20 – MARCH 20

I know you're tired, but you and I also know that you've been taking on more than you should. Try to simplify your life this week, or you will only end up with more to cope with than you began with. By learning to say no (and you don't have to shout when you say it) you can earn respect from others and respect for yourself. Ring now to hear how foreign languages enhance your work.

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Gymnasts perform with real distinction

Medals galore for club at regional grade competition

SADIE JESSEY and Olivia Collier took pride of place among Harlow Gymnastics Club at the Essex NDP regional grade competition in Colchester.

Jessey, 12, won the trophy and overall gold medal with a distinction in the Grade 1 age 13/14 event after placing first on vault, bars, beam and floor, and second on range and conditioning (R&C).

Stewards Academy student Olivia Collier (15), also collected the trophy and overall gold medal with a distinction in the Grade 1 age 15+ competition after winning the beam, finishing second on both floor and R&C and third on both vault and bars.

Commended

Further medal joy for Harlow came in the Grade 2 age 14+ event with St Mark's student Charlotte Brough (15) earning a distinction and the overall silver medal. She placed first on R&C and second on vault, bars, beam and floor.

Team-mate Aisha Jones (14) was commended and awarded overall bronze medal in the same event after placing third on R&C, vault, bars, beam and floor.

The final medal for the club was collected in Grade 6 age nine/ten event by Selene Virga (8) who won a distinction and overall silver medal after winning the vault and bars, taking third on R&C and fourth on the beam.

All four will now compete for



Harlow Gymnastic Club members following their recent successes

Essex in the East Region Competition.

There was more success for Harlow as all 30 club members passed their respective grades in the county event, competing against more than 250 gymnasts from the top flight clubs in Essex.

There were outstanding performances in the Grade 3 age 13+ event from the 16-year-old Andrews Clark twins, Halle and

Taylah.

Halle was second on vault and R&C and third on floor to finish sixth overall, with Taylah placing third on beam and seventh overall. Both earned distinctions.

There were notable performances in the Grade 5 age nine event from Millie Lynch (8) placing third on bars, while Amelia Harrington (8), Sadie Cooper (8) and Summer Dolan (9) all earned distinctions and placed 11th,

eighth, 15th and 19th overall respectively.

Commended in the same event were: Miley Bex (8), Amelia Palmer (8), Ruby Barker (8), Eloise Moulds (8), Ellie Hodges (8), Alex Gronert (8), Honey Gillick (8) and Mia Fuller (8).

There were distinctions in the Grade 5 age 10/11 event for Olivia Williams (10), Aimee Cullen (9), Megan Spencer (10) and Ruby Curley (10) who finished ninth,

14th, 15th and 16th overall.

In the same event, Annabelle Garrett (9) and Skye Girolami (9) were commended.

In the Grade 6 age 8 competition, distinctions were earned by Lois Covill (7) and Amy Aberly (7) who placed 14th and 18th overall respectively.

Commended in the same event were Leah Sackett (7), Calleigh Brownjohn and Grace Hoskin (7).

Harlow sweep the board at home run

HARLOW Running Club had 44 finishers, including the first four places, at the Harlow parkrun 5K, with Robin Lozeau racking up his 100th event.

Afewer Rossom was victorious out of 252 finishers in a speedy time of 17min 15sec.

He was followed home by Rich Hynes (2nd, 18:44); Craig Segal (3rd, 18:52) and Ian Charters (4th, 19:14).

Other finishers: Danny McCree (7th, 20:14); Greg Goodey (9th, 21:21); Andrew Kitson (12th, 21:58); Martin Westley (20th, 22:28); Graham Saville (21st, 22:29); Mark Moulds (24th, 22:58 PB); Darren Rautenbach (28th, 23:24); Andy Smith (30th, 23:31); Spencer Brooks (32nd, 23:33); Peter Ayling (33rd and 1st Vet 60, 23:33).

Paul Dixon (34th, 23:34); Darren Tilley (35th, 23:37); Viola Tam (40th and 3rd Female, 24:20); Alan Cootes (41st and 2nd Vet 60, 24:21); Saira Muschamp (45th, 24:28 PB); Kerry Mavris (60th, 25:32); Martin McColgan (62nd and 3rd Vet 60, 25:47); Paul Schroder (64th, 25:52); Nicola Smith (66th, 25:56); Wendy Schroder (67th, 25:59); Jim Bates (69th and 1st Vet 70, 26:02); Gail Nichols (70th, 26:03 PB); Andrew Smith (72nd, 26:18).

Holly Nairn (73rd, 26:21); Jane Evans (79th and 2nd Female Vet 50, 26:38); Robin Lozeau (80th, 26:42); Roy Steven (81st, 26:43); Jeff Mace (88th, 27:08 PB); Debbie Barry (91st and 1st Female Vet 55, 27:20); Auatin Nyamande (98th, 27:41); Andy Bradley (116th, 28:56); Lorraine Teale (120th, 29:06 PB).

Martin Elven (122nd, 29:11); Terry Pike (144th, 31:14); Pauline Galoppi (155th and 1st Female Vet 65, 32:33); Melanie Harris (172nd, 34:00); Joanne Mills (181st and 3rd Female Vet 65, 34:17); Alan Wellbelove (210th, 37:21); Louise Cootes (214th, 37:27) and Anna Robey (238th, 44:02).

Finished

At the Witham May Day 5 Mile race, Catherine Ridge finished in 75th place out of 338 finishers in a superb 36:55sec, Janice Page was 201st in 43:40, David Page 203rd in 43:41, Andy Kinney 212th in 43:39, Peter Mills 232nd and 2nd Vet 70 in 44:54, Laura Jephcott 255th and 1st U18 Female in 46:40 and Jamie Jephcott 256th in 47:03.

Martyn Coulter finished in 522nd place out of 2020 finishers in a PB time of 3:47:11 at the Milton Keynes Marathon, and in the Half Marathon Kerry Mavris finished in 740th place out 308 finishers in 1:53:54.

At the Hackney Half Marathon Andy Ramage finished in 1718th place out of 8559 finishers in 1:44:06sec and Katie Wood, in her debut at the distance, was 6637th in 2:16:49.

At the Lee Valley Velopark 10 Mile race Andy Kinney was 36th place out of 47 finishers in 1:39:10 and the following day at the Clapham Common 10K he finished in 417th in 59:19.

St Nicholas School shine in Key Steps competition

THE Harlow and District Primary Schools Sports Association held their annual Key Steps Gymnastics competition at Harlow Gymnastics Club.

More than 80 eighty gymnasts from eight Harlow schools took part and, Saint Nicholas School entered two teams at each of the two age groups.

All the pupils performed well and rose to the occasion.

The Year 1 and 2 pupils were extremely competitive, with the A team crowned champions. The B team, took third place, narrowly missing out on second to Water Lane by 0.7 of a mark.

The Year 3 and 4 teams worked hard and also competed gallantly, taking second and third in their age group.

The A team were only 1.6 marks behind Jerounds, the eventual winners.

All Saint Nicholas' team were

a credit to their school, not just because of their success, but also due to their sporting attitude in helping members of other less experienced teams.

The victorious Year 1 and 2 A team will represent Harlow in the County Key Steps, which is part of the Essex Summer Games at Basildon Sporting Village on June 29.

Years 1 and 2 A team: Theo Perrin, Grace Hoskin Wise, India Fisher, Fleur Isted, Eve Potter, Grace Burgess. B team: James Clamp Martinez, Rhys White, Francesca Biagioni, Georgia Pagram, Ruby Stradling, Joshua Smith.

Years 3 and 4 A team: Esme Morgan, Bethany Pagram, Polly Easton, Emily Upton, Rebecca Parsons, Sam Bentley. B team: Abigail Slade, Farai Gora, Ella Wilson, Alice Pearson Rodriguez, Charlotte Pearson Rodriguez, Mark Simons.



Saint Nicholas School's victorious Key Steps Gymnastics team with their trophy